

# Personal Action Plan

- Ask your doctor or pharmacist the following questions about each of your medicines.
- Include prescription medicines, over-the-counter medicines, dietary supplements, and herbal products.
- Use this information to complete your **Personal Action Plan**.



**Centers for Disease  
Control and Prevention**  
National Center for Injury  
Prevention and Control

| Questions to ask   | Answers | Action plan |
|--|---------|-------------|
| What is this medicine used for?  |         |             |
| Does this medicine interact with others I am taking?   |         |             |
| Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling? |         |             |
| Is there another medicine or dose I should try?  |         |             |
| If I stop or change this medicine, what side effects should I expect?  |         |             |