Too Many Medications?

Are you taking 3 or more medications that work in your brain?

Are you experiencing?

- Restlessness or irritability
- Dizziness
- Headaches
- Hallucinations
- Feeling tired all the time
- Confusion, inability to focus or make decisions
- Insomnia
- Poor coordination
- Diarrhea
- Nausea or vomiting

Combining medications might be the reason you are feeling this way.

The first step to feeling better is to team up with your provider

Share your medication story:

- What you take
- How much and how often
- Side effects

Speak up if:

- You are uncomfortable with your medications
- You don't like the way they make you feel

Be candid about your use of:

- Alcohol
- Street drugs
- Prescriptions that aren't yours
- Non-prescription supplements and energy drinks

Learn about:

- Why and how long you will be taking medications
- Non-medication treatment options
- Reducing your risk (naloxone rescue kit)

www.PTSD.va.gov

Veterans are twice as likely to die from accidental poisoning from prescription medications compared to non-Veterans


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