



Taking Medications with a “Safety First” Mindset

Preventing Adverse Drug Events and Reactions

The Basics: Event vs. Reaction

What is an adverse drug event?

An adverse drug event (ADE) is an injury resulting from medication. This can include physical harm, mental harm or loss of function.

What is an adverse drug reaction?

An adverse drug reaction (ADR) is an unwanted experience following the administration of a drug or combination of drugs under normal conditions of use. Typically, after an ADR, the patient will no longer take that drug or the dose will be reduced.

How common is an ADE?

There are **1.5 million+** emergency room visits each year for ADEs in the United States.

Leading Causes of Emergency Visits for ADEs:

21%
of Visits are from
Anticoagulants, or
blood thinners
Example: Warfarin

14%
of Visits are from
Diabetes Agents
Example: Insulin

13%
of Visits are from
Antibiotics
Example: Penicillin

Let's Talk Prevention

Prevent an ADE by following these quick tips:

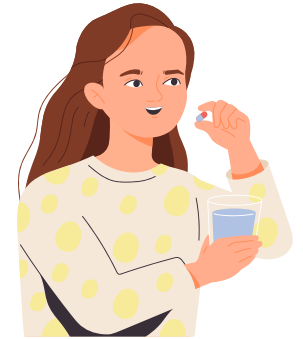
- Keep a list of all medications, including over-the-counter medications, to share with doctors and pharmacists to help them make safe treatment decisions and avoid potentially harmful drug interactions.
- Do not take any prescription medications that were not prescribed to you.
- Always check the expiration date and safely dispose of expired medications. Medications can lose their effectiveness if taken after their expiration date.

Help reduce ADEs by following these tips:

- Follow label directions. These tell you how much medicine to take and when to take it.
- Set timers or use a tracking app to ensure that the right dose is taken at the right time. This reduces the possibility of taking too much or too little medication.
- Use a proper measuring device (i.e., oral syringe or dosing spoon) to ensure you are taking the correct dose.

Keep children safe from an ADE with these quick tips:

- Check the labeling before giving the medication to ensure the dosage is meant for a child.
- Use the correct measuring device to administer medication.
- Teach children the importance of medication safety.
- Properly store medications up and away
- Ensure safety caps on medications are secured.



**Have a question about your medications?
Ask a pharmacist!**

Scan the QR code for more resources:

pharmacy.umich.edu | [@umichpharmacy](https://twitter.com/umichpharmacy)

