

MEDICATION AND SUPPLEMENT GUIDE

TAKE MEDICATIONS AS PRESCRIBED

The American Heart Association offers the following suggestions:

- Use a Day-of-the-week pillbox
- Schedule a time to take your medication everyday.
- Try to take your medications when you perform another daily activity, such as with a meal, brushing your teeth, or setting your alarm clock.
- Ask a friend or relative to remind you to take your medication. Have the person call at the same time each day. This person could also help you fill your pillbox weekly.
- Keep a list of your medications on a white-board and mark them off when you take them or use a calendar, checking off when your medications have been taken.

NEVER SHARE MEDICATIONS

- Some share to save money. Sharing can cause adverse drug reactions. 7% of all hospital admissions are due to adverse drug reactions.
- The person you share with has not seen a doctor to determine if he or she needs the drug and the dosage or determine possible allergic reactions
- The right medication for you is determined from dozens of medications. Your other health issues and/or medications determine which drug is right for you. We are all different. What is right for you may not be right for someone else.
- Antibiotics work by taking the full course of medicine prescribed. By sharing, you have not taken your medication completely. Sharing will not give the full course and may result in building a tolerance and/or a lingering infection.

DISPOSE OF UNUSED MEDICATIONS PROPERLY

- DO NOT FLUSH unused medications and DO NOT POUR them down a sink or drain.

Be Proactive and Dispose of Unused Medications In Household Trash. When discarding unused medications, protect children and pets from potentially negative effects:

- Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.
- Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.
- Seal the plastic bag and put it in the trash.
- Remove and destroy ALL identifying personal information (prescription label) from medication containers before recycling them or throwing them away.

Tip: Always keep a current list of your Medications and Supplements in your purse or wallet and bring it with you to all of your medical appointments

Use list tool on Page 2



**Questions?
Call your local
pharmacy**

