

DO



Do this at home

Simple ways to manage your medications at home.

- Keep a list of all your medications, vitamins, supplements, and over-the-counter drugs. Write down when you are supposed to take your medications. Bring the list with you to all your doctor visits.
- Take medications exactly as your doctors or nurses tell you to, even if you feel better. Many chronic conditions can damage your body without any signs.
- Use a weekly pill box to make it easier to remember your medications.
- Call your doctor's office if you have any side effects or trouble keeping track of your medications.
- Write down a list of questions before each doctor visit or before you go to your pharmacy.
- If you need help, ask a family member or friend to come with you to your doctor visits or to the pharmacy.
- If you were in the hospital or a nursing facility, you may have a new list of medications. Ask a visiting nurse or nurse at your doctor's office to check your new list against your old list to make sure everything is correct.

TIP: Use the form on the back of this sheet to track your medications. Or take pictures of all your prescription bottles with your cell phone.

TALK



Talk with your doctor

Talk with your doctors and nurses.

- Remind your doctors and nurses about food or drug allergies.
- Discuss your medication list and dosing schedule at every doctor visit.
- Tell your doctor if you think you will have trouble following the plan for your medication.
- Don't be afraid to ask if there are different options for your medications. Some medications cost less, have fewer side effects, or only need to be taken once a day.
- Check to see if you can get a 90-day prescription for any of your medications.
- Tell your doctors and nurses if you are pregnant or breastfeeding or if you think you may get pregnant.
- Let your doctors and nurses know if you plan to travel. Make sure you have enough medication for your trip.
- Request refills 2-3 weeks before you run out.

TIP: Ask your doctors to write what each medication is for on the prescription. Your pharmacist will add this information to the medication label.

ASK



Ask your pharmacist

Your pharmacist can tell you all about your medications. If you use a mail order pharmacy, call the phone number on your medication bottles to talk to a pharmacist.

- Am I allergic to this medication?
- Will this medication work safely with my other medications?
- These pills look different than usual. What's changed?
- How do I take this medication? If it is a liquid, how should I measure it?
- Can I take this if I'm pregnant or breastfeeding or if I may get pregnant?
- Can you pack my pills into individual doses or suggest a good pill organizer?
- Will you call to remind me to pick up my medications?
- Can you help me to have all of my refills at the same time?

TIP: Fill all your prescriptions at the same pharmacy so they know all your medications.