

MEDICATION MANAGEMENT

Golden Rules

1. Include your Doctor and Pharmacist:

- ✓ Prepare a list of medications you are currently taking and keep it up to date.
- ✓ Bring the medication list to all medical appointments and hospital visits.
- ✓ Purchase medications from the same pharmacy.
- ✓ Review medication list with the Doctor or Pharmacist at least every six months.

2. Understand your medications:

- ✓ Ask the Doctor and Pharmacist questions.
- ✓ Read the printed information provided with the medication.
- ✓ Write down instructions and possible side effects.

3. Have a routine for taking your medications:

- ✓ Prepare a medication schedule at the beginning of each week.
- ✓ Use pill boxes and calendar.
- ✓ Keep medications and records in one place.