

Managing Medications at Home

- Keep an updated list of current medications. See below for a sample.
- Take this list of medications with you whenever you go to the doctor or the pharmacy.
- Ask a lot of questions at the time that a medicine is prescribed and when it is filled by the pharmacy.
- Make sure prescription bottles are properly labeled, and that you can read the label.
- Use a weekly pillbox, and keep it where it's visible all the time.
- If you need to, when you take a pill (or give someone their pills) set an alarm for the next dose.
- Throw out the old stuff.
- Do not play doctor. Never give someone a dose higher or lower than prescribed, or stop taking a medicine without consulting a doctor – it is dangerous to do so.

Sample Medications List

Medication	Dosage	Number of Pills Per Dose	Reason Taking	When to Take	Tape Pill Here
Estrogen		1	Osteoporosis	Morning	
Aricept	2.5 mgs	2	Thinking, remembering, behavior	Each meal and bedtime	
Haldol	5 mgs	1	Hallucinations, agitation	Morning, lunch, bedtime	
Remeraon	0.5 mgs	1	Depression	Bedtime	

