

April 19, 2023

Taylor Swift
456 Sunny Dr.
Chicago, Connecticut 60611

Dear Taylor Swift,

Thank you for talking with me on April 19, 2023 about your health and medications. As a follow-up to our conversation, I have included two documents:

1. Your **Recommended To-Do List** has steps you should take to get the best results from your medications.
2. Your **Medication List** will help you keep track of your medications and how to take them.

If you want to talk about these documents, please call Aurora ghijj at 407-505-5398, 9AM-5PM, Monday-Friday, TTY users call 711.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

Aurora ghijj

Aurora ghijj
Pharmacist, on behalf of PillCoach Pharmacy

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Recommended To-Do List

Prepared on: 04/19/2023

You can get the best results from your medications by completing the items on this **"To-Do List."**



Bring your **To-Do List** when you go to your doctor. And, share it with your family or caregivers.

My To-Do List

What we talked about:	What I should do:
ATORVASTATIN 40 MG [LIPITOR]	<input type="checkbox"/> SACASCS

How to Safely Dispose of Unused Prescription Medications

Prepared on: 04/19/2023

While some medications can be safely disposed of at home, others must be discarded through a safe disposal program. We have provided the information below, which can be found on the U.S Food & Drug Administration's website.

- **Find a local drug disposal site.**

A drug take-back site is the best way to safely dispose of medications. To find drug take-back sites near you, visit the U.S. Department of Justice website (<https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>).

- NORTHWESTERN MEMORIAL HOSPITAL
251 E HURON ST CHICAGO, IL 60611

- WALGREEN CO
201 E. HURON STREET, SUITE 01-210 CHICAGO, IL 60611

You can also check with your pharmacist. Some pharmacies offer on-site medicine drop-off boxes, mail-back programs, and other ways to help you safely dispose of your unused medicines.

- **Mail medications to authorized DEA drug disposal sites.**

Information on mail-back sites can be found at the DEA website (<https://www.dea.gov/takebackday>).

- **Safe at-home medication disposal.**

You can safely dispose some medications in the trash or by flushing them down the toilet. Visit the following FDA website (<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines>) to learn more about safe at-home disposal.

Medication List

Prepared on: 04/19/2023



Bring your Medication List when you go to the doctor, hospital, or emergency room. And, share it with your family or caregivers.



Note any changes to how you take your medications.
Cross out medications when you no longer use them.

Medication	How I take it	Why I use it	Prescriber
ALPRAZOLAM 0.25 MG DISINTEGRATING ORAL TABLET	DISSOLVE ONE TABLET BY MOUTH DAILY AS NEEDED	ADHD	NIKOLA TESLA
ATORVASTATIN 40 MG [LIPITOR]	TAKE ONE TABLET BY MOUTH DAILY FOR CHOLESTEROL.	ADHD	AL GORE
FOSINOPRIL SODIUM 40 MG [MONOPRIL]	TAKE ONE TABLET BY MOUTH DAILY	AFIB	AL GORE
EMPAGLIFLOZIN 5 MG / METFORMIN HYDROCHLORIDE 500 MG [SYNJARDY]	TAKE 1 TABLET BY MOUTH TWICE A DAY. TAKE WITH A MEAL.	DIABETES	AL GORE

Medication	How I take it	Why I use it	Prescriber
ONETOUCH VERIO STRP	1 TO 2 TIMES A DAY	ANXIETY	AL GORE
TADALAFIL 10 MG [CIALIS]	TAKE WITH WATER AND MILK	ADHD	AL GORE
CALCIUM CARBONATE 1500 MG / CHOLECALCIFEROL 800 UNT [CALTRATE PLUS D]	TEST	AFIB	AL GORE
HYDROCHLOROTHIAZIDE 12.5 MG / LOSARTAN POTASSIUM 50 MG [HYZAAR]	LLLL	ADHD	AL GORE
FUROSEMIDE 50 MG/ML [DISAL]	TAKE AFTER DINNER	AFIB	ASD-TEST QWE-TEST
HYDROCHLOROTHIAZIDE 12.5 MG / LOSARTAN POTASSIUM 100 MG [HYZAAR]	TAKE WITH MILK	ADHD	AL GORE



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

▼ **Allergies:**

No known drug allergies - NKDA

▼ **Side effects I have had:**

No known side effects

▼ **Other Information:**



My notes and questions: