

Strategies to Remember to Take Your Medicine

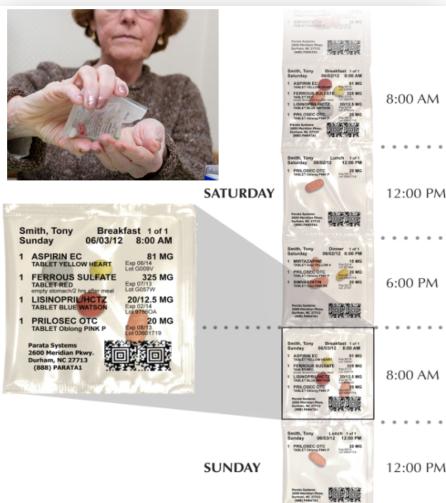
- Taking your medications as prescribed is important for your health.
- Listed below are some ideas that have reminded others, *like you*, to take their medications.



- Organize your medications every week in a pill organizer that is kept at home.
- Place your pill box in a place that you visit during your morning & evening routines.*
- Create a medication list that shows the amount & time to take each of your meds.
- Carry a small pill box with you for the times you forget to take your meds at home.

Medication List
Please share this list with all of your healthcare providers
Vince Lambardi
Dr Mark Hough (312-111-1212)
ALLERGIES: None

Medication	Purpose	Morning	Afternoon	Evening	Bed Time
Allopurinol 100mg Tablet Take 1 (one) tablet by mouth daily.	Anti-gout Preparations, Plain				
Lisinopril 20mg Tablet Take 1 (one) tablet by mouth daily	Blood Pressure				
Acetaminophen 325mg Tablet Take 1 (one) tablet by mouth every 6 hours as needed for pain Do not take more than 9 tablets in 1 day	As needed for pain				Take 1 tablet by mouth every 6 hours as needed for pain



- Some pharmacies will organize, package, & deliver your medications.♦★
- Medications are organized by the time of day you take your medicines.
- Eliminates the need to count & organize your pills.
- Helps to decrease medication errors.



- * Keep medications safely out-of-reach from children. Do not store meds in the bathroom.
- ♦ Check with your pharmacy for availability of this service.
- ★ Extra fees may apply.



- Set daily alarm(s) to remind you to take your medicine.
- Smart phone, watches, or a regular alarm clock can help you remember.
- Pill-reminder apps are available for your computer or smart phone.



Let your
refill
refill itself.

- Automatic refills assure your medications are ready when you need them.♦
- Eliminates the need for you to call the pharmacy for refills.



♦ Check with your pharmacy for availability of this service.