



Medication Checklist	Why is this important?
<p><b>Make a checklist or ask your pharmacist for a list of all your medications including dosage, timing, and purpose.</b></p>	<ul style="list-style-type: none"> <li>• Understand and document the purpose for the medication.</li> </ul>
<p><b>When filling a new prescription- speak with the pharmacist. Ask the following questions:</b></p> <ol style="list-style-type: none"> <li>1. Any drug interactions ?</li> <li>2. Possible side effects?</li> <li>3. Confirm condition medication is treating</li> </ol>	<ul style="list-style-type: none"> <li>• Some dietary supplements can have serious interactions with various medications.</li> <li>• It is your body, understand what you are putting into it.</li> <li>• You can look up your medication drug interactions website via Webmd <a href="https://www.webmd.com/interaction-">https://www.webmd.com/interaction-</a></li> </ul>
<p><b>If possible stick to one pharmacy for all medication</b></p>	<ul style="list-style-type: none"> <li>• Ease of tracking</li> <li>• Reduce risk of medication interactions</li> </ul>
<p><b>Read the medication information sheet</b></p>	<ul style="list-style-type: none"> <li>• Understand side effects. Note: some medications have side effects such as lymphoma or leukemia</li> </ul>
<p><b>If you take more than 1 medication</b></p> <ol style="list-style-type: none"> <li>1. Buy a pill dispenser</li> <li>2. Create a spreadsheet listing your medication by medication schedule</li> <li>3. Count the # of pills per dosage.</li> <li>4. Fill your pill dispenser 1xweek. Use a spreadsheet to track if multiple medications. for example: If you take 10 pills per day cross check to ensure you didn't forget a pill or have too many.</li> <li>5. Consider pre-packaged medication services such as Pill Pack by Amazon pharmacy</li> </ol>	<ul style="list-style-type: none"> <li>• Used for tracking if you have multiple medications, spread out over course of day or inconsistent timing such as every other day, or 1 time per week.</li> <li>• Helps you remember when to take your medication</li> <li>• Prevent over/under dosing</li> <li>• There are many choices for pill dispenser including 1xday, morning/night, breakfast/lunch/dinner etc. Pick the dispenser that best meets your needs</li> <li>• <b>Spreadsheet template available from our website add link</b></li> </ul>
<p><b>If your medication looks different from the last time you filled the prescription ASK YOUR PHARMACIST</b></p>	<ul style="list-style-type: none"> <li>• While extremely rare, medication mistakes do happen. In most cases the pharmacy is using a different vendor.</li> </ul>
<p><b>Create an emergency Medical File, place on refrigerator or common location</b></p>	<ul style="list-style-type: none"> <li>• Medical emergency personnel will often look for a medication list on refrigerator</li> <li>• List all medications &amp; supplements</li> <li>• List all allergic reactions</li> <li>• List all medical conditions</li> </ul>
<p><b>Allergic Reactions</b></p> <ol style="list-style-type: none"> <li>1. Alert your physical of all allergic events. Request they add to your medical record. When seeing a new doctor or clinician, advise of your allergy</li> <li>2. Where a medical alert bracelet if you have had a serious allergic reaction.</li> <li>3. Add allergic reaction to your Emergency Responder checklist</li> </ol>	<ul style="list-style-type: none"> <li>• Alert bracelets are widely available at pharmacies and online (such as Amazon)</li> </ul>
<p><b>Bring your medication list to doctors appointment; carry a copy on your person if possible</b></p>	
<p><b>Not taking med due to cost?</b></p>	<ul style="list-style-type: none"> <li>• Ask your physician or pharmacist if generic medication is an option for you.</li> <li>• Ask your doctor if they have any samples</li> </ul>
<p><b>What if I run out of medication while traveing?</b></p>	<ul style="list-style-type: none"> <li>• Kroger is largest grocery in United States, will send a script when traveling</li> <li>• CVS, Walgreens or other national chains, in most cases, are able to provide your with a small amt of medication. Depending on medication, some restrictions apply. Contact your pharmacy</li> </ul>
<p><b>Express scripts/mail delays impact on care</b></p>	<ul style="list-style-type: none"> <li>• Call physician and request they send new 1x script to your local Pharmacy. Depending on medication, some restrictions apply</li> </ul>