



Managing Medications

Pharmacy (local) Phone #

Mail Order Pharmacy Phone #

Website Login Id / Password

Medication Audit **Date:** _____

1 Create a Master List of all medications (prescribed, over the counter and herbal supplements)

- Begin with the medication list from your recent doctor's visit. Is it complete? Does it include medications prescribed by other physicians and specialists (cardiologist, rheumatologist)
- Gather all your actual prescribed medications, compare with the list and note any changes/corrections.
- Add to this some key information
 - Name of the drug both brand name and generic
 - Purpose of medication
 - Dose and frequency
 - Special instructions for taking medication
 - Prescribing physician with phone number
 - Pharmacy name, phone number and refill code

2. Add to the list all over the counter (OTC) medications and any herbal supplements

- Clean out the medicine cabinet and other shelves gathering all prescribed, OTC and herbal supplements.
- Identify the medications to be refilled (# of refills) and those to be renewed (no refills available).
- Add to the Master list and to your doctor's list all OTC and herbal supplements taken on a regular basis for a recurring symptom. To avoid drug interactions and to signal worsening symptoms or side effects.
- Discard any medications that have expired, have been discontinued or are no longer needed, (especially any controlled substances). Replace all expired OTC and herbal supplements.
- Keep all medications in their original, labeled containers. Do not combine or consolidate medications.

3. Find a good system for daily medication reminders and administration.

- Keep daily medications in the same place, one that is easily accessible and large enough to maneuver
- NEVER TAKE medication directly from the prescription bottle.
- Find a dispensing system that works best for you. Those labeled with the day and time, work best.
- Fill the dispensing system weekly and make a note of those needing to be refilled or renewed.
- Store all EXTRA medications in their original bottles in an easy to carry container. Include the master list and bring this to every doctor's appointment and especially hospital or rehab stay.

Consolidate medications using one local pharmacy for as needed medications and emergency refills. Use a large chain drugstore if traveling often. Take advantage of mail order pharmacies for price discounts, automatic refills and shipments.

This information is for educational purposes only and does NOT provide any legal, medical or financial advice.

The goal is to provide general information so that you can seek out professional assistance from the appropriate subject matter expert

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