MEDICATION MANAGEMENT

Golden Rules

1. Include your Doctor and Pharmacist:
   - Prepare a list of medications you are currently taking and keep it up to date.
   - Bring the medication list to all medical appointments and hospital visits.
   - Purchase medications from the same pharmacy.
   - Review medication list with the Doctor or Pharmacist at least every six months.

2. Understand your medications:
   - Ask the Doctor and Pharmacist questions.
   - Read the printed information provided with the medication.
   - Write down instructions and possible side effects.

3. Have a routine for taking your medications:
   - Prepare a medication schedule at the beginning of each week.
   - Use pill boxes and calendar.
   - Keep medications and records in one place.