



Managing Your Medications

Many people need help in managing their medicines. One of our goals in home care is to help you understand the purpose of your medicines and how to take them correctly. In order to help you maximize your independence in managing your medicines, please tell your nurse, therapist, and/or doctor if you:

- Have new medicines or changed medications.
- Are taking over-the-counter medications (examples: vitamins, Tylenol).
- Take eight (8) or more medications in one day.
- Don't understand the instructions related to your medications.
- Are not sure how your medicines help your condition or are concerned about side effects.
- Don't always remember to take your medicines at the right time.
- Have trouble reading or seeing small print instructions on medicine bottles.
- Have trouble holding the small pills, or opening the packaging or medicine bottles.
- Have difficulty swallowing your pills.
- Have trouble paying for your medicines.
- Have old or expired prescriptions in your home.
- Use more than one pharmacy to have your prescriptions filled.



Managing Your Medications

Taking Medications Safety

1. Keep an updated record of your medications available for your healthcare providers.
2. Follow your doctor's orders for taking medications, DO NOT change doses or omit medication without consulting your physician.
3. Do not take over the counter medications without consulting your physician or pharmacist.
4. Check medication bottles when it arrives from the pharmacy to be sure that it has the following information: right name, right med, right dose, right route, right frequency.
5. Keep medications in their original bottles with caps tightly closed.
6. Keep medications out of reach of children or confused family members.
7. Keep narcotics out of sight and in a safe location.
8. Store all medications according to the package labels.
9. Follow the guidelines included in your medication packaging; store medication properly and according to package instructions.
10. Never take anyone else's medications; regardless of the reason.

Please inform your home health team if your doctor has made any changes to your medications or if you have purchased over the counter medications, vitamins or supplements.