

Section 3: Medications



In this section:

- Top Five Excuses for Not Taking Medications – And Suggested Caregiver Responses
- Medication Tracking Chart
- Daily/Regular Medication List
- As-Needed Medication List
- Medication, Medical Equipment and Medical Supply Orders
- Expired Medication Disposal Information

How to use this section:

- Keep track of all prescription and over-the-counter patient medications.
- Use this section when refilling medications, filling pill boxes, giving medications, and understanding what medications are for and which doctor prescribed them.
- Place information from the pharmacy in a pocket folder near this section.
- Review all medications with each doctor at every appointment.

Notes:

Top Five Excuses for NOT Taking Medications – And Suggested Caregiver Responses



Your loved one might use these excuses for not taking their medications. These responses will prepare you to encourage them to continue taking them as directed.

Excuse #1: “But I feel fine!”

Yes! You feel great **because** your medications are doing their job and working well. If you stop taking or reduce any of your medications, you could have serious medical problems.

Excuse #2: “I can’t tolerate the side effects.”

Let’s talk to the doctor about minimizing side effects. Finding the right drug, the right dosage, and the right drug combination takes time. Your doctor can make these adjustments.

Excuse #3: “My prescriptions are too expensive.”

Yes, medications can be expensive but they are your lifeline for success. At your next appointment, we will talk to your doctor about generic drugs or drug assistance programs to lower costs. Do not miss or go without your medications. Do not skip or split pills to “stretch” medications.

Excuse #4: “I can’t keep track of all my medications.”

It’s difficult to keep track, but we can use these tools to help us:

- Keep up-to-date medications lists
- Pill boxes
- Set a cell phone or watch with alarms when it’s time to take medications
- A phone call to remind you
- An automated medication dispenser

Excuse #5: “My medicine is not helping me.”

You don’t feel a difference, but why don’t you think they are working? Your blood work tells the doctors they are working. Never increase, decrease or stop taking any medication without talking to your doctor first.

Medication Tracking Chart



Prescribing Physician: _____ Date: _____

Patient Name: _____ MRN: _____

Pharmacy/Phone: _____ Allergies: _____

Page ____ of ____

Other: _____

Drug Name/Strength/ Ordering Physician	Color, Size, Shape	Dosage / Purpose	Sun Time Taken	Mon Time Taken	Tues Time Taken	Weds Time Taken	Thurs Time Taken	Fri Time Taken	Sat Time Taken
Hydrocodone 5/325mg Dr. Smith EXAMPLE	Oval, white	1-2 every 4-6 hours as needed for pain	8am 1pm 9pm	6am 3pm 10pm	6am 8pm	6am 4pm 9pm	8am 6pm	6am 6pm 11pm	6am 12pm 10pm

Medication Tracking Chart

Drug Name/Strength/ Ordering Physician	Color, Size, Shape	Dosage / Purpose	Sun Time Taken	Mon Time Taken	Tues Time Taken	Weds Time Taken	Thurs Time Taken	Fri Time Taken	Sat Time Taken

Daily/Regular Medication List

Patient Name: _____



Include all prescription and over-the counter medications taken on a daily or regular basis, such as diabetes, high blood pressure, cholesterol, or heart medications, aspirin, skin creams and lotions, inhalers, injections, allergy medications, vitamins and herbal supplements. See examples below.

Date	Medication Name / Strength	Dosage	Purpose	Ordering MD	How to take	Notes
1/1/19	Name of Medication / 20mg EXAMPLE	1 pill once a day	Cholesterol	Dr. Smith	Oral	

Daily/Regular Medication List

Patient Name: _____



Include all prescription and over-the counter medications taken on a daily or regular basis, such as diabetes, high blood pressure, cholesterol, or heart medications, aspirin, skin creams and lotions, inhalers, injections, allergy medications, vitamins and herbal supplements. See examples below.

Date	Medication Name / Strength	Dosage	Purpose	Ordering MD	How to take	Notes

As-Needed Medication List Patient Name: _____

Include all medications taken on an as-needed basis. These could be prescription and over-the-counter medications such as pain relievers, laxatives, sleep aids, skin creams and lotions, male enhancement pills, nitroglycerin, antacids, and allergy medications. Keep track of when you take these medications on the Medication Tracking Chart, on the previous page.

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As-Needed Medication List

Patient Name: _____



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Date	Medication Name / Strength	Dosage	Purpose	Ordering MD	How to take	Notes

Medication, Medical Equipment and Medical Supply Orders

(Insulin, syringes, glucose meter, test strips, oxygen supplies, support stockings, feeding tube supplies, bandages, etc.)

Name of Item or Medication Strength	What is this for?	How to Order (Website, phone number) Contact Info if problems arise	How Often to Reorder/ Last date ordered	Quantity	Price	Prescribed by/Date prescribed



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How to Dispose of Medicines Properly

DON'T: Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so.

DO: Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal below.

1ST CHOICE: DRUG TAKE-BACK EVENTS

To dispose of prescription and over-the-counter drugs, call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community. Some counties hold household hazardous waste collection days, where prescription and over-the-counter drugs are accepted at a central location for proper disposal.



Courtesy: Upper Watauga Riverkeeper
and Appalachian Voices

Drug Take-Back Event

2ND CHOICE: HOUSEHOLD DISPOSAL STEPS*



1. Take your prescription drugs out of their original containers.



2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.



3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.



4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with permanent marker or duct tape, or by scratching it off.



5. The sealed container with the drug mixture, and the empty drug containers, can now be placed in the trash.

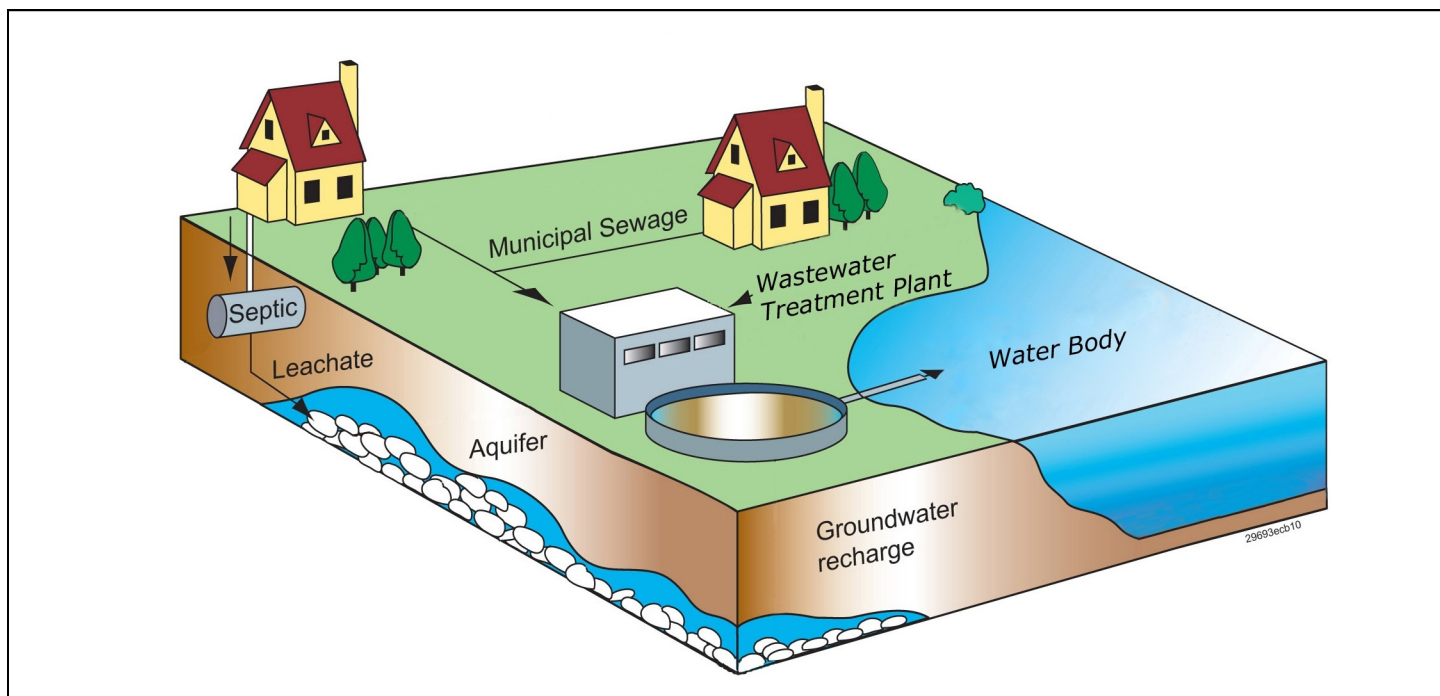
How Proper Disposal of Medicines Protects You and the Earth:

- Prevents poisoning of children and pets
- Deters misuse by teenagers and adults
- Avoids health problems from accidentally taking the wrong medicine, too much of the same medicine, or a medicine that is too old to work well
- Keeps medicines from entering streams and rivers when poured down the drain or flushed down the toilet

How Improper Disposal of Medicines May End Up in Our Drinking Water Sources

In homes that use septic tanks, prescription and over-the-counter drugs flushed down the toilet can leach into the ground and seep into ground water.

In cities and towns where residences are connected to wastewater treatment plants, prescription and over-the-counter drugs poured down the sink or flushed down the toilet can pass through the treatment system and enter rivers and lakes. They may flow downstream to serve as sources for community drinking water supplies. Water treatment plants are generally not equipped to routinely remove medicines.



For more information, go to www.epa.gov/ppcp/
Or call the Safe Drinking Water Hotline at 800-426-4791