

## Additional Tips:

- Keep a large print medication list on your refrigerator
- Keep a medication list in your wallet or purse
- Pick a day of the week to sit down and organize your medications for the week or the month in a pill organizer to help you keep track of the medication you take throughout the day.

## Notes:

- Keep a current list of all medications you take.
- Use a chart to list: Name of medication, reason for taking medication, dose, when to take, special instructions, pill color and shape, date started, prescribing doctor
- Review all of the medications you are on with your doctor at each visit
- Ask: Why am I taking this medication?
- Ask: Do I need to take this medication?
- Ask: Does this medication put me at risk of falling?
- Tell: Your doctor about medications you take that you can buy without a prescription.
- Tell: Your doctor about any side effects you may be having (upset stomach, dizziness)
- Ask: Your doctor what you should do to relieve these side effects
- Put notes around the house to help remind you to take your medication
- Use timers to help you remember to take your medication