

Tips for Medication Management

Medication errors are frequent and potentially dangerous. Discharge planning should include a review of all medications and a reconciliation of the pre-hospitalization list with the post-discharge list to avoid duplications, omissions and harmful side effects.

- Simplify by getting prescriptions filled at one pharmacy and getting them refilled early.
- Use a schedule chart to keep track of when and how medications are to be taken. Be sure to update the schedule each time your medicine changes and log each time a medication is administered. Tailor the example below to suit your needs.
- Know which medications should be taken with food or on an empty stomach.
- Do not change the dosage without checking with your healthcare provider.
- Put your medications in a weekly or daily pill organizer to make sure that you get the right dose at the right time.
- Keep excess medications in their original containers in a dry, cool place (not in the bathroom) so that you have easy access to the name, dosage, healthcare provider's name, and expiration dates.
- Alcohol can interact with many different kinds of medications. Ask your pharmacist whether it is safe to drink alcohol with any prescription or over-the-counter medicine.
- When your doctor takes you off a medication, dispose of it to avoid administration errors. Once the expiration date of a medication has passed, dispose of it. The Central Marin Police Authority has a pharmaceutical waste container in the front lobby of the Larkspur station. <https://www.centralmarinpolice.org/146/Pharmaceutical-Drug-Return-Program>



This guide is not intended to replace medical or other professional advice, and any use of this information is at the reader's discretion.

Medication Schedule and Daily Log

Today's Date:	Medication and Dosage	Route and with/without Food	Prescribed by	AM	Noon	PM	Bedtime	PRN or As Needed	
				<input type="checkbox"/>					
				<input type="checkbox"/>					
				<input type="checkbox"/>					



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