Patient Medication Schedule

Medication Schedule for:							Date:	
Medication Name	**Dose**	**How Many I Take Each Day**	**When I Take it**	**Reason I Take it**	**Refill Date**	**Prescriber Name**	**Prescriber Phone**	**Special Instructions**
Pharmacy Name and Phone Number:								

Tips for Taking Your Medications

- Create a routine that fits into your life.
- Take your medicine along with other daily habits: eating or brushing your teeth for example.
- Leave yourself notes to help you remember to take your medicine. The bathroom mirror is a good place for a post-it note.
- Use a pill box marked with the days of the week and times of the day.
- Use a calendar to mark down when to take medicines and make a check mark to note when you've taken it.
- When traveling, make sure you have enough medication for your entire vacation with a couple of extra days supply in case of emergency. Keep a supply of your medications in your carry-on luggage in case your checked luggage gets lost.
- Keep medicine in a place where you see it; the kitchen table or counter is a good place for many. Keep medicines safe from children.
- Store all medicines in one designated location together. The location should be a dry and cool place. The bathroom is a bad place to store medicine because of the heat and moisture generated.
- Read medication labels carefully to make sure you are taking the right medicine at the right time.
- Do not alter your medication dose or schedule without first talking with your health care provider.
- Make a note on your calendar when you will be due for refills. Be sure to plan ahead a week or two before your medications run out.

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