



Important Questions to Ask Yourself and Others About Your Medications

At the Doctor's office—before you leave the office know:

1. **why** am I taking this medication?
2. **when** should I take this medication and **when** will I stop taking it?
3. **how** should I take this medication?
4. **what** do I need to know about side effects? interactions with other drugs?
5. **when** should I call you?

At the pharmacy—before you leave the counter:

1. **can you read the label?** Ask for large type labeling if you can't read the label.
2. **can you read the precaution stickers?** Ask to have the stickers explained to you if you can't understand them.
3. **can you open the container?** Ask for easy-open top or blister packaging if you can't open the container.
4. **make sure this medication treats the condition your doctor discussed with you.** If this medication doesn't treat the medical condition you have, ask the pharmacist to check with your doctor.
5. **take advantage of consultation with the pharmacist.** Ask what is important to know about this medication.

At home—if medications have been added, changed or stopped:

1. **Update** your medication card
2. **Update** any pill dispensers you use
3. **Update** your Vial for Life <http://www.vialoflife.com/index.html>

Pill Organizers, Dispensers, Aids

These pill organizers, dispensers and aids can help you to develop a medication routine to take your medicines the safe way, every day.

The San Mateo County Fall Prevention Task Force does not endorse any particular brand or style of pill organizer, dispenser, or aid. The items and links below are shown as examples of some of the styles and links currently available.

Sample of medication and pill reminders, resources, and reminders:



Date: January 1, 2007
Page 1 of 1

pictureRx Name: Joe Miller Grody Health System
 80 Jerse Hill Jr. Drive, Atlanta, GA 30303
 (770) 777-7777
 Gender: 000000

Pill Names	Used For?	Instructions	MORNING	AFTERNOON	EVENING	NIGHT
Aspirin 81 mg	Heart	Take 1 pill 1 time a day	1 PILL			
Atenolol 50 mg	Heart	Take 1 pill 1 time a day	1 PILL			
Lisinopril 10 mg	Heart	Take 1 pill 1 time a day	1 PILL			
HCTZ 25 mg	Heart	Take 1 pill 1 time a day	1 PILL			
Glucophage 500 mg	Diabetes	Take 2 pills 2 times a day	2 PILLS		2 PILLS	
Simvastatin 40 mg	Cholesterol	Take 1 pill 1 time a day				1 PILL

1 2 3 4



Find the above pill organizers and others on these websites:

<http://www.e-pill.com/>

http://www.epill.com/device_overview

<http://www.independentliving.com/departments.asp?dept=99&deptname=Pill-and-Medicine-Organizers>

<http://www.forgettingthepill.com/>

<http://www.assistedliving-store.com/SearchResult.aspx?CategoryID=153>

<http://www.picturexcard.com/page/about/system>