

Important Tips

- Take your medication in conjunction with some other regular daily activity, such as that first cup of coffee, breakfast, dinner, or brushing your teeth before you go to bed. Turn this into a habit that is to your advantage.
- Carry this list of your medications with you. Keep it up-to-date. Share it with your doctor(s), nurse(s), and pharmacist(s).
- Read the label each time you get your medication to make sure that there have been no accidental changes made by the pharmacist. Look at the pills to make sure they look the same as the old ones. If you have questions about these matters, contact your pharmacist immediately.
- Ask for a complete label on all prescriptions, printed clearly so that you can read it.
- If child proof caps are difficult for you to open, request the easy to open caps.
- Remember to keep all medicine out of the reach of children.

Do take your medicine for as long as your doctor prescribes you to. This is particularly true for medications such as antibiotics. These medications need to be taken for the total duration of time that they're prescribed to completely clear the infection to keep it from coming back.

Do take only your own medicine.

Do know the names of your medications and why you are taking them.

Do know exact directions for taking your medications (between meals, with food, swallowed whole, chewed, etc.).

Do know if there is anything you should avoid while taking your medication, such as alcohol, certain foods, other drugs, vitamins, supplements, sunlight, etc.

Do know the side effects of your medications and what you should report to your doctor.

Do know how your medicine should be stored. Most medicines can be kept in a dark and cool place.

Don't stretch your medicine by taking less than the prescribed amounts.

Don't keep pills for different ailments in the same bottle — keep them in their original container (unless you place them in a dispenser).

Don't take another person's medication, or give them yours.

Don't use medicine beyond its expiration date. Discard it.

Don't keep medicine that your doctor has discontinued.

This worksheet is provided to you as a courtesy, and for your personal use only, to aid in organizing and maintaining your personal medical records. It is not intended to provide medical advice in any way and nothing herein should be construed as medical advice. The Church Pension Fund and its affiliates are not responsible for any actions taken or not taken based on the information in this worksheet.

Your Personal Medical Record

This record will help you keep track of your prescriptions and over-the-counter medications.

Name _____

Address _____

Date of Birth _____

Physicians _____

Allergies _____
