MEDICATION CHART #1

Fill your pill box at the same time every week

MED BOX FILL TIME: _____

1. Take all bottles out of the boxes and line them up in the order they appear on the chart.

2. Starting with the first pill in line, fill each pill across the entire row- *use the chart to tell you what color row and how many go in each box.*

3. Once you fill a medication across the whole row, put the bottle BACK IN THE BOX.

   ★ Check behind yourself after each medication to ensure nothing was missed.
   ★ Check the bottle to see if you have enough for NEXT week.
   ★ Set the bottle aside if a refill is needed.

4. Call in all refills as soon as you are done!

NAME OF MEDICATION	# pills per box	What color row?	FOR:
Raloxifene	1		Osteoporosis
Levothyroxine	1		Hypothyroid
Metoprolol	1		Blood Pressure
Hydrochlorothiazide	1		Blood Pressure
Aspirin	1		Heart health
Multivitamin	1		Supplement
Donepezil	1		Cognition
Preservision	2		Supplement
Glucosamine	2		Supplement
Theracran	2		Supplement
Citracal + D	2		Supplement
Amlodipine	1		Blood Pressure
Simvastatin	1		Blood Pressure
Potassium	1		Low potassium

MEDICATION CHART

Fill your pill box at the same time every week

MED BOX FILL TIME: _____

1. Take all bottles out of the basket and line them up in the order they appear on the chart.

2. Starting with the first pill in line, fill each pill across the entire row- *use the chart to tell you what row and how many go in each box.*

   ★ Count out 7 (14 for meds taken 2 at a time) FIRST, then fill across the row. This will help with accuracy.

3. Once you fill a medication across the whole row, put the bottle BACK IN THE BASKET.

   ★ Check behind yourself after each medication to ensure nothing was missed.

   ★ Check the bottle to see if you have enough for NEXT week.

NAME OF MEDICATION	# pills per box	What row?	FOR:
Levothyroxine	1	AM	Hypothyroid
Lisinopril	1	AM	Blood Pressure
Potassium Chloride	1	AM	Heart Health
Prednisone	1	AM	Inflammation
open PM boxes			
Propantheline	1	AM & PM	Saliva
close AM boxes			
Phenobarbital	3	PM	Seizures
close all boxes			

MEDICATION CHART

Fill your pill box at the same time every week

MED BOX FILL TIME: _____

1. Get the green bowl out of the cabinet to count meds into.

2. Line up all the pill bottles in the order they appear on the chart.

3. Starting with the first pill in line, count 7 pills into the green bowl.

4. **Fill the pills across the entire row, one per box**. Use the chart to tell you what color row and how many go in each box. When finished each box will look like this:

5. Check behind yourself after each pill to ensure nothing was missed.

6. Check the bottle to see if you have 7 pills left for NEXT week. Tell Karen if you need any refills.

7. Once you fill a pill across the whole row, put the bottle aside *WHETHER AM OR PM.* All bottles go back in the lock box.

NAME OF MEDICATION	# pills per box	What color row?	FOR:
Ecotrin (aspirin)	1		Heart Health
Levothyroxine	1		Hypothyroid
Losartan	1		Blood Pressure
Super Spectrim (vitamin)	1		Supplement
Premarin	1		Hormone
close purple pill box and open green pill box			
Donepezil	1		Cognition
Zolpidem	1		Supplement
close green pill box			