















Medication List

Medication Name	What Does This Medication Treat?	How Many Times a Day?	How Many Pills Each Time?	With / Without Food? <small>(circle)</small>	Other Instructions	Possible Side-Effects	Things to Watch For
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			
		___ x	○ ○ ○ ○ ○ ○ ○ ○	 			

How to Read a Pill Bottle



Filling a Pillbox

- Keep all medications in one location.
- Look at your medication list to make sure you have all your medication.
- Start filling your pillbox with the first medication on your daily chart (page 20) and continue in order.
- Pay attention to the color, size and shape of each pill.
- Check that all pills are placed correctly.
- Keep pillbox in an easy-to-find place.