

Covenant Senior Health is introducing the new Med Minder form along with this brochure of tips for medicine safety. The form is for anyone who takes several medications and may apply to you, your child or parent, or others.

About Med Minder:

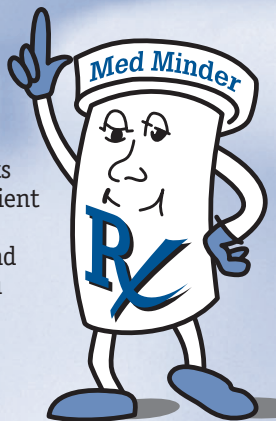
- It is a form to list all of your current medications.
- You should list your prescription medications.
- You should list your over the counter medications (i.e. Tylenol).
- You should list herbal medications (i.e. Ginseng, St.John's Wort).

How does Med Minder help you?

- Saves you time
- Reduces confusion
- Improves communication
- Improves medication safety by monitoring for drug/food interactions

Where to use Med Minder:

- All doctor visits
- All healthcare procedures (i.e. MRI, x-ray)
- All pre-assessment visits for surgery
- All hospital visits (i.e. ER, out-patient visits)
- Fold the form and keep it with you at all times.



Covenant Senior Health

1921 Topside Road, Suite 202
Louisville, TN 37777

For additional copies of this Med Minder reference form, please call (865) 541-4500 or log onto www.covenantseniorhealth.com.

8013-0044

Be Involved In Your Healthcare Tips for Medicine Safety



*Keep Track
of YOUR
MEDICINES
Using
Med Minder*

Covenant Senior Health

Know your Medicine

- What is the name of each medicine?
- Why am I taking it?
- What time should I take it?
- How much of it should I take each time?
- How should I take it?
- Should I take it with food?
- How long should I take it?
- What should I do if I miss a dose?
- Are there any side effects? What should I do if I have any side effects?
- Is it safe to take with other medicine that I am taking, including over-the-counter medicine, vitamins, or herbals?
- What food, drink, or activities should I avoid while taking it?
- Does this medicine replace anything else I was taking?

At the Doctor's Office

- Always take your updated Med Minder Form. This will tell your doctor everything you are taking, including prescription medicines, over-the-counter medicines, and herbals.
- Ask your doctor to explain what is written on prescriptions.
- Tell your doctor you want to know the purpose for new medications.
- Tell your doctor about any allergies or reactions that you have had to medicine in the past.

At Home

- Take only medicine you receive from your doctor or pharmacist. Do not share other people's medicine.
- Each time you take your medicine, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist. Do not hesitate to ask about your medicines.
- Keep your Med Minder Form updated. Anytime your medication changes, change your list, too.
- Do not stop taking the medicine when you feel better unless your doctor tells you to stop taking it.
- If you take medicine every day, using a compartmental medication box may be helpful.
- Never take medicine in the dark.
- Never reuse old medicine bottles.
- Put all of your medicine in a place where children and pets cannot reach it.
- Do not leave medicine in the car, by the stove, or in the bathroom. Heat and dampness can affect how it works.
- Check the date on all medicine. Flush down the toilet all medicine if the date written on it has passed.
- Don't chew, crush or break any medications unless your doctor instructs you to do so.
- Use measuring devices for liquid medicines – household teaspoons and tablespoons are not very accurate.
- If you feel that your medicine is making you sick or causing you pain, call your doctor.

In the Hospital

- When you are admitted to the hospital, take your updated Med Minder Form, or bring all of your medicines in the original bottles. Include over-the-counter medicines, vitamins, and herbal supplements.
- Tell your doctor or nurse about any medication/food allergies or reactions that you have had to medicine in the past. Also, write these on your Med Minder Form.
- Do not let anyone give you medications until they check your hospital ID bracelet.
- If you feel that any medicine is making you sick or causing you pain, tell the doctor or nurse as soon as possible.
- Before you leave the hospital, ask your doctor or nurse to clearly tell you what medicines you should take, and how to take them.

At the Drugstore

- Use the same drugstore for all new prescriptions and refills. The pharmacist then has a list of your medicines and can make sure that your medicines work together and will not make you sick.
- If you use more than one drugstore, make sure each one has a list of all of your medications.
- Ask the pharmacist the name of each medicine and how you should take it. Make sure that this information matches what your doctor told you.
- Make sure that refilled medicine is the same color, size, and shape as previously prescribed. If there is any difference, ask why.
- If you have any questions about your medicine, ask your pharmacist.