



Keeping Your Medications Safe

Store All of Your Medications in a Safe Place:

- Keep all medications out of reach of children
- Keep all medications in the container labeled by the drug store.
- Keep medications in a cool, dry place unless they need to be refrigerated.
- If you are using pain medications, medication that help control anxiety or depression, or other controlled medications, consider:
 - Always keeping medications out of sight of visitors
 - Keeping medications locked. VNA can help you get a lock box if you need it.
 - If you need medication while you are away from home, take with you only the amount you need for the day. The drug store can give you a special container for your purse or your pocket.

Keep Track of how and when you need the Medication.

- A journal may help you to keep track of how often you need your medication and whether you experience any unpleasant side effects. Your nurse can show you how to start a journal.
- If you have trouble remembering when you took your medications, ask the pharmacist for a medication bubble pack. When you take your pill, write the date and time on the card. You will have a record of each dose taken.
 - Be concerned if you are missing more than a couple of pills. Notify your home health staff immediately.

Know How to Dispose of Medications (please see other side)

- If you are a hospice client, the hospice nurse will dispose of any narcotic or controlled medications when you no longer need them. Someone in your household will be asked to witness this.