

How to Organize Your Medicines Using a Pillbox

Using a pillbox can help you to keep track of what medicines you need to take each day. It can also help you to stay on schedule with your medicines. Here are some steps on how to fill your pillbox:

Get all your pills out and write a list.

- Read the label on each bottle and write down the directions on how to take the medicine just as it is printed.
- Take pills that you are no longer using to the pharmacist to be disposed of properly. Do not throw them away or flush them down a drain.
- If you have had changes in your prescription, you should properly dispose of all old and expired pills.

How to Fill Your Pillbox

- Open all the lids on your pillbox.
- Start with the first pills on your list and fill each needed section for the entire week.
- When finished, close the bottle and move it away from the ones you have not done yet.
- After each pill is placed in the pillbox, check all sections to make sure each day has the right amount of pills you need to take.



Expect the Unexpected

- Be ready for things that may be out of your control such as: earthquakes, loss of power and road closures. During these events you may not be able to get to a pharmacy.
- Keep at least a week's worth of pills as a part of your emergency kit.

Sample Medication List

My Medications	Morning	Noon	Evening	Bedtime
<i>Example:</i> Cipro 250 mg: Take 2 tablets each day until gone	<i>Example:</i> 9 a.m. or at breakfast			

