

## Do you take medications and/or supplements?



Many of us take medications and/or supplements. It's important to keep track of all the medicines you take as well as what the medication is for, the dosage and when to take it. There are a number of free apps for smart phone users that can help you maintain a record of the medicines you take and even remind you about when to refill.

The National Institute on Aging offers helpful tips to help you keep track of all your medicines and safe disposal:

- ✓ **Make a list.** Write down all medicines you take, including over-the-counter drugs and dietary supplements. The list should include the name of each medicine, the amount you take, and the time(s) you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to all of your healthcare providers, including physical therapists and dentists. Keep one copy in your medicine cabinet and one in your wallet or pocketbook.
- ✓ **Create a file.** Save all the written information that comes with your medicines and keep it somewhere you can easily refer to, as needed.
- ✓ **Check expiration dates on bottles.** If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy. Or, check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.

Visit the National Institute on Aging at NIH website to learn more about [using medicines safely](#).