



⌚ Mastering Your Medications – Quick Guide

📋 Your Medication List

- Keep prescriptions, OTCs, vitamins, supplements, and allergies listed.
- Carry a copy in your wallet.

👨‍⚕️ Your Pharmacist

- Use ONE pharmacy for all prescriptions.
- Ask them about side effects, interactions, and OTC safety.

🏷️ Reading Labels

- Check: Name, Strength, Instructions, Purpose, Expiration, Refills.
- Generics = SAME as Brand (FDA-approved).

🛒 OTC Smart Shopping

- Compare ACTIVE INGREDIENTS.
- Store Brands work the same as Name Brands.

⚠️ Safety Tips

- Use ONE pharmacy to prevent interactions.
- Don't stop meds without doctor advice.
- Always check OTCs – avoid doubling ingredients (e.g., Tylenol).

📅 Staying Organized

- Use pill organizers (AM/PM).
- Take meds with daily habits (e.g., after brushing teeth).
- Do an annual 'Brown Bag' review with your doctor/pharmacist.

🗃 Safe Storage & Disposal

- Store in a cool, dry place.
- Dispose via pharmacy "take-back".

📞 Who to Call?

- Pharmacist: How-to, side effects, interactions, OTC advice.
- Doctor: New/worsening symptoms, dose changes, diagnosis, emergencies (911).

✓ Medication Safety Checklist

- Updated list in wallet.
- Know purpose of each medicine.
- Ask about generics & costs.
- Use one pharmacy.
- Review OTCs with pharmacist.
- Know side effects to watch.
- Annual "Brown Bag" review.

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