MONTROSE
REGIONAL HEALTH

HOW TO HELP

MANAGE MEDICATIONS:

Be sure to ask nurses and doctors about medications your loved one may need that don't require a prescription, *such as those for:*

- *Headaches.*
- *Sleeplessness.*
- *Pain.*
- *Cold/Sinus.*
- *Allergies.*
- *Nausea.*
- *Diarrhea.*
- *Quitting smoking.*
- *Nutrition (vitamins, herbs, protein supplements).*

Ask for recommendations of *those that will not interfere, or cause bad side effects, when taken with the new prescriptions your loved one is taking.*

Why not double-check with the pharmacist *who fills your loved one's prescriptions? They are a wonderful resource and will be glad to know you're being so careful.*

During a hospital stay, it's common for doctors to adjust patients' medications and routine for taking their prescriptions. There may be medications at home that are not needed anymore, or may be in different doses than needed going forward. It's really important to make sure these are removed to help prevent any medication mix-ups—which can be dangerous!

Do not flush or throw these medications in the garbage—it's unhealthy for Mother Earth, as they make their way into our water systems. Instead, take unusable medications to a safe disposal location. Some pharmacies, hospitals and public safety centers—such as your local fire department—will take them off your hands and dispose of them responsibly.

OLD MEDICATIONS TO DISPOSE OF:

Medication Name	Form	Dosage	Doctor

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