

Effective medication management can support your recovery and overall health. This handout will give you and your family tools to help manage medications and prevent unnecessary complications, as well as improve your daily life.

### Questions for your doctor:

- Understanding your medications is an important part of recovery. Asking your doctor the right questions will help you to understand your injury and advocate for your needs. You can call your doctor or send a message via the patient portal (if available) if your question needs immediate attention. You can also keep a list of questions to ask your doctor at your next appointment. Below are some common medication questions for your doctor:
  - What is the name of my medication and why am I taking it?
  - How many times a day should I take this medication?
  - What foods, drinks, or activities should I avoid while taking this medication?
  - How much medication should I take at one time?
  - How long will it take for this medication to work?
  - What should I do if I miss a dose of medication?
  - Are there any side effects I should know about this medication? When should I call if I experience such side effects?
  - Can I safely mix this medication with vitamins and/or over-the-counter medications?
  - Is there a generic version of my medication?

### Tools to organize your medications:

- Taking your medications as recommended by your doctor is a part of healthy recovery from concussion and mild traumatic brain injury (mTBI). Tools like pill boxes, pill charts, pill packets, and medication mobile apps can help you stay on track.
- Pill Boxes
  - Pill boxes, or pill organizers, are storage containers for organizing medications.
  - You can buy pillboxes at your local pharmacy, grocery store, dollar store, or on the Internet. The price of pill boxes varies depending upon where you purchase and the type of box.
  - There are many types of pill boxes available depending on your needs. It is recommended to talk with your medical providers to help you decide which type matches your needs.
  - Below are common examples of [pill boxes](#):



- Having a schedule to fill your pill box is also a good organizational tool. Here are some tips start a pill box routine:
  - Before getting started, write down or type a list of how much, how often, and when you should be taking your medications like this:

Medication	How Much	How Often	When
Lotrel 10-40	1 pill	Daily	Morning
Wellbutrin SR 200mg	2 pills	Twice a day	Morning and Evening
Amitriptyline 25mg	1 pill	Daily	Bedtime
Magnesium Oxide 400mg	1 pill	Daily	Bedtime

- Fill your pill box on the same day each week or one day before empty Fill the pill box according to the list you wrote.
  - Double check your pill box and get refills as needed so you have the right medications for the next time you fill your pillbox.
- Pill Charts
  - Pill charts are a way to keep track of your medications through use of an easy-to-read chart. These charts usually include the medication uses, when to take the medication, and how much to take.
  - It is recommended that only medications taken on a regular basis are included on pill charts. Avoid including those taken on an "as needed" basis, since these do not follow a regular daily schedule.
  - If you are taking a medication more than 4 times a day, ask your physician if the dosage can be changed so that you can take it less frequently.
  - Ask your doctor or pharmacist to recommend the best schedule for you.
  - Below is an example of a Pill Chart:

Name	Used For	Instructions	Morning	Afternoon	Evening	Night
Magnesium Oxide 400mg	Migraine	Take 1 pill at bedtime				1 pill
Wellbutrin XL 150mg	Depression	Take 1 pill daily			1 pill	



- Pill Packets
  - Pill packets are an alternative to receiving your medications traditional bottles. Pill packets are pre-sorted packs of your medications by the time of day, to increase ease of medication organization.
  - Some local pharmacies are beginning to add these services at no additional cost. If you are interested, check with your insurance provider and/or your local pharmacy.
  - [CVS Pharmacy](#)
    - Pre-sorted medication packs at no added cost.
    - Each box contains a 30-day supply, delivered to your home or local CVS Pharmacy.
  - [Pill Pack](#)
    - Independent service that delivers your pre-sorted medications to your home.
  
- Apps for Medication Organization and Reminders
  - There are many applications that can be downloaded to your phone and/or tablet to assist with medication organization and reminders. Below are a few examples that can be downloaded via App Store on your Apple device or Google Play on your Android device.
  - Medisafe Medication Management
    - Features include reminders to take your medication(s), refill reminder(s), manage your entire family's medications, and send reports to your doctor.
    - Available on [iOS](#) or [Android](#).
  - Pill Reminder-All in One
    - Features include reminders to take your medication(s), refill reminder(s), drug interaction checker, doctor appointment reminders, shareable medication log, automatic time zone detection, and family sharing via "Medfriend" function.
    - Available on [iOS](#) or [Android](#).
  - Round Health
    - Features include reminders to take your medication(s), refill reminder(s), and ability to sync between Apple devices.
    - Available for Apple devices only.
    - Available on [iOS](#).
  - [Medscape](#)
    - This free, online database provides information on prescription and over-the-counter drugs, drug interaction checker tool, and a pill identifier tool. This can be a helpful resource to learn more about your medications.
  - Other Options
    - For easier reading and access to your medication, ask your pharmacy if they offer large print labels and easy-open caps.

**Additional Comments:**