

JMR MEDICAL SERVICES

MEDICATION MANAGEMENT GUIDE

Learn how to safely manage your prescriptions and understand the importance of medication adherence.

1. KNOW YOUR MEDICATIONS

Keep an up-to-date list of every medication you take, including prescriptions, over-the-counter medicines, vitamins, and supplements.

- Know the name and purpose of each medication.
- Know how much to take and how often to take it.
- Keep track of medications that have been stopped or changed.
- Bring your medication list to medical appointments.

2. TAKE MEDICATIONS AS DIRECTED

Taking medication exactly as prescribed can help your treatment work safely and effectively.

- Follow the prescribed dose and schedule.
- Do not change, skip, or stop a medication without discussing it with your healthcare professional.
- Ask what to do if you miss a dose rather than automatically taking an extra dose.
- Ask whether your medication should be taken with food or on an empty stomach.

3. BUILD A MEDICATION ROUTINE

A consistent routine can make it easier to remember your medications.

- Use a pill organizer if appropriate for your medications.
- Set an alarm or reminder on your phone.
- Keep medications in a safe, consistent location.
- Refill prescriptions before you run out.

4. MEDICATION SAFETY

- Never share prescription medication with another person.
- Do not use someone else's medication, even if the symptoms seem similar.
- Store medications according to the label instructions and keep them away from children and pets.
- Check labels before taking a medication, especially when using more than one medicine.
- Ask your pharmacist or healthcare professional about possible drug, food, or supplement interactions.

5. SIDE EFFECTS & WHEN TO CALL

Some medications can cause side effects. Read the medication information provided with your prescription and ask your healthcare professional what to expect.

Contact your healthcare professional if you experience a concerning or unexpected reaction.

Seek emergency medical care for severe or potentially life-threatening symptoms, such as trouble breathing, severe swelling, fainting, or other symptoms requiring immediate attention.

6. KEEP YOUR MEDICATION LIST UPDATED

Use this section as a quick reference and update it whenever a medication is started, stopped, or changed.

Medication	Dose	How Often	Purpose
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

7. QUESTIONS TO ASK YOUR HEALTHCARE TEAM

- What is this medication for?
- How and when should I take it?
- What should I do if I miss a dose?
- Are there foods, drinks, supplements, or medications I should avoid?
- What side effects should I watch for?
- How long should I take this medication?
- When should I expect it to start working?

8. MEDICATION ADHERENCE CHECKLIST

- I know what each of my medications is for.
- I know the correct dose and schedule for each medication.
- I have an updated medication list.
- I know how to request refills.
- I know who to contact with medication questions.

Important: This guide is for general educational purposes and does not replace individualized medical advice. Always follow the instructions provided by your healthcare professional or pharmacist.