

Medication Tracking Checklist

Completed?	Task
<input type="checkbox"/>	Maintain an up-to-date list of prescription and non-prescription medications (e.g., natural health products, over-the-counter medications)
<input type="checkbox"/>	Create a medication schedule (e.g., paper format or electronic)
<input type="checkbox"/>	Follow medication instructions (e.g., dosage, timing, taken with or without food)
<input type="checkbox"/>	Be aware of any potential medication interactions
<input type="checkbox"/>	Store medications safely (e.g., away from direct sunlight, and out of reach of children and pets)
<input type="checkbox"/>	Organize medications (e.g., in a pill organizer)
<input type="checkbox"/>	Ensure medications are easily accessible (e.g., within reach and adaptive devices are available)
<input type="checkbox"/>	Set up medication reminders
<input type="checkbox"/>	Track when each dose of medication is taken (e.g., keep a log or via a medication tracking app)
<input type="checkbox"/>	Monitor and document any side effects experienced
<input type="checkbox"/>	Develop a plan for timely refills (e.g., enroll in automatic refill programs)
<input type="checkbox"/>	Develop a plan for medication pick up or set up delivery from the Pharmacy
<input type="checkbox"/>	Keep emergency medications (e.g., naloxone) accessible and inform caregivers or family members of their location and purpose
<input type="checkbox"/>	Schedule regular medications reviews with your healthcare providers