



INTEGRIS
JAMES R. DANIEL
Stroke Center
SOUTHWEST MEDICAL CENTER

***TOP MEDICATION MANAGEMENT TIPS FOR
STROKE SURVIVORS & CAREGIVERS***

- KEEP A CURRENT AND ACCURATE **LIST OF ALL MEDICATIONS** (INCLUDING OTC, VITAMINS & HERBALS) WITH YOU **AT ALL TIMES** FOR PHYSICIAN VISITS TO REVIEW. INCLUDE DRUG ALLERGIES & CURRENT MEDICAL CONDITION.
- **ASPIRIN** IS A VERY IMPORTANT MEDICATION (EVEN W/O A PRESCRIPTION).
- **HIGH BLOOD PRESSURE** MEDICINES ARE VERY IMPORTANT FOR STROKE SURVIVORS AND ANYONE WITH HIGH BLOOD PRESSURE.
- **COUMADIN** (BLOOD THINNER) MUST BE MANAGED WITH DIETARY AND BLEEDING PRECAUTIONS, AS WELL AS GETTING PTT LAB WORK ON SCHEDULE.
- USE **ONE PHARMACY**. IT IS EASIER TO MONITOR DRUG INTERACTIONS, DUPLICATION AND USAGE THAT WAY. USE **ONE PHYSICIAN** OR AT LEAST LET EACH PHYSICIAN KNOW WHAT THE OTHER PHYSICIAN(S) HAVE GIVEN YOU.
- USE A **PILL PLANNER** TO ORGANIZE YOUR MEDICATIONS FOR THE COMING WEEK. IT IS EASIER TO REMEMBER IF YOU HAVE TAKEN YOUR MEDICATION.
- KEEP A **NOTE BOOK** OUT FOR WRITING DOWN ANY **QUESTIONS** THAT COME UP AND TAKE IT WITH YOU TO ALL DOCTOR VISITS .
- AVOID HOME REMEDIES, VITAMIN SUPPLEMENTS, ETC. WITHOUT CHECKING WITH YOUR PHYSICIAN OR PHARMACIST FIRST .
- **DON'T:**
 - **Share any medicines not prescribed FOR YOU**
 - **Take any expired medicine**
 - **Split medicine just to save \$\$\$ if they are not prescribed that way or OK'd to split**
 - **Spilt any non-scored tablets, especially if extended-release** (not evenly divided)
 - **Take any veterinary medicine (dog, cat or cow antibiotics)**

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