

March 21, 2022

LORR\*\*\*\* ROQL\*\*\*\*  
4215 Outcomes Lane  
Adel, IA 50003

Dear LORR\*\*\*\* ROQL\*\*\*\*,

Thank you for talking with me on March 21, 2022, about your health and medications. As a follow-up to our conversation, I have included two documents:

1. Your **Recommended To-Do List** has steps you should take to get the best results from your medications.
2. Your **Medication List** will help you keep track of your medications and how to take them.

If you want to talk about these documents, please call Jaclyn Shine at (877)237-0050 X555, Monday to Friday 8 am to 5 pm. TTY users call 711.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

*Jaclyn Shine*

Jaclyn Shine  
Pharmacist, OUTCOMES TRAINING PHARMACY

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## Recommended To-Do List

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Prepared on: 03/21/2022

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You can get the best results from your medications by completing the items on this **"To-Do List."**



Bring your **To-Do List** when you go to your doctor. And, share it with your family or caregivers.

### My To-Do List

<p><b>What we talked about:</b></p> <p>ALENDRONATE SODIUM 70 MG TABLET should be taken as directed to avoid side effects.</p>	<p><b>What I should do:</b></p> <p><input type="checkbox"/> Remember to take alendronate on an empty stomach at least 30 minutes before food or drinking. Do not lie down for at least 30 minutes after taking this medication.</p>
<p><b>What we talked about:</b></p> <p>You are due for your next dose of the Shingrix vaccine that helps prevent shingles.</p>	<p><b>What I should do:</b></p> <p><input type="checkbox"/> The pharmacist will give you the last and final dose of Shingrix today at the pharmacy to help prevent shingles.</p>
<p><b>What we talked about:</b></p> <p>We created a list of the medications you are taking. We talked about why you use each medication and the best way to take them.</p>	<p><b>What I should do:</b></p> <p><input type="checkbox"/> It is important to take your medications as directed to get the most from them. Talk to your pharmacist if there are changes to your medications or if you have questions.</p>

# How to Safely Dispose of Unused Prescription Medications

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Get rid of unused or expired medicine as soon as possible. Read the information that came with your medicine. It might tell you how to safely get rid of it. If you don't have the information, follow one of these safe options:

1. **Ask your local pharmacy** if they have a program to get rid of medicine you do not need anymore.
  - Some pharmacies (and other DEA approved sites) allow medicine to be mailed to the pharmacy.
  - Ask for the special packages needed to mail medicine.
2. Bring the medicine to a **community Drug Take Back program**.
  - This is the best method for controlled substances.
  - Drug Take Back programs near you:
    - ADEL HEALTHMART  
113 N. 9TH ST ADEL, IA 50003
    - HY-VEE, INC.  
1005 EAST HICKMAN WAUKEE, IA 50263
3. Visit **DEATakeBack.com** to find other collection sites in your area.
  - You can search by your city or zip code at <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>.
4. Follow the steps below to **throw away medicine in the trash** or flush *approved* medications.
  - Do not flush medicine in the toilet or sink unless there are instructions telling you to do so. Learn more about the flush list and safe medicine disposal at <https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>.

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▼ Take or scratch off personal information, including Rx number, from the packaging before getting rid of medicine.

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## Throwing away medicine at home

There are three simple steps to throw away your medicine in your household trash:

1. **Remove** the medicine from its container and **mix** with an unappealing substance, such as dirt, used coffee grounds or kitty litter.
2. Put in **sealable bag** or other container. This will prevent leaking or breaking out of the garbage bag.
3. Place in the trash.

## Medication List

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Prepared on: 03/21/2022

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Bring your Medication List when you go to the doctor, hospital, or emergency room. And, share it with your family or caregivers.



Note any changes to how you take your medications. Cross out medications when you no longer use them.

Medication	How I take it	Why I use it	Prescriber
<b>ALENDRONATE SODIUM 70 MG TABLET</b>	TAKE 1 TABLET (70 MG) BY MOUTH ONCE WEEKLY	OSTEOPOROSIS	DR. SMITH
<b>ATORVASTATIN CALCIUM 40 MG TABLET</b>	TAKE 1 TABLET (40 MG) BY MOUTH DAILY	HIGH CHOLESTEROL	DR. SMITH
<b>DAPAGLIFLOZIN PROPANEDIOL (FARXIGA) 10 MG TABLET</b>	TAKE 1 TABLET (10 MG) BY MOUTH ONCE DAILY	DIABETES	DR. SMITH
<b>LISINOPRIL 20 MG TABLET</b>	TAKE 1 TABLET (20 MG) BY MOUTH EVERY MORNING	HIGH BLOOD PRESSURE	DR. SMITH

Medication	How I take it	Why I use it	Prescriber
<b>METOPROLOL SUCCINATE 100 MG TABLET ER 24HR</b>	TAKE 1 TABLET (100 MG) BY MOUTH ONCE DAILY	HEART FAILURE	DR. SMITH
<b>SERTRALINE HCL 50 MG TABLET</b>	TAKE 1 TABLET (50 MG) BY MOUTH ONCE DAILY	DEPRESSION	DR. SMITH



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

**⚠ Allergies:**

Cefdinir - Hives or Itching

**⚠ Side effects I have had:**

Codeine - Nausea or Vomiting



**My notes and questions:**