MY MEDICATIONS

After a stroke or TIA, medications help prevent another stroke. These medicines can:
- Prevent blood clots
- Lower cholesterol
- Reduce blood pressure

The stroke team or your family health provider may have started you on new medications. It is very important to take medications properly. If you have any questions or concerns, please speak with your doctor or nurse practitioner or pharmacist before stopping your medication. Here are some more tips:

Ask questions about your medications. Know why you need them and what they do.

Keep a list of your medications on you at all times.

Take your medication at the **same time every day.**

Report any side effects to your health care team so that other options can be considered.

For more information about your medications, speak with your pharmacist, nurse or doctor.

If you have questions or concerns, your pharmacist can complete a full review of your medications.

MEDICATION ROUTINE TIP
- Use a pill organizer or blister pack to help you remember to take your medications.
- Ask your pharmacist how and where to get one.

IF YOUR MEDICATIONS HAVE BEEN CHANGED:
- Schedule a visit within 2-3 weeks to talk to your family health provider
- Discuss how the new medication is working
- Get prescription refills for the next year

MY MEDICATION SCHEDULE

MY PHARMACY: _____   **DATE UPDATED:** _____

Allergies: _____

Medication name and dose How to use it (Reason for taking it)	HOW MUCH AND HOW OFTEN?				Current action ☐ **Taking as prescribed** ☐ **Taking differently** ☐ **Not taking**
	Breakfast	**Lunch**	**Dinner**	**Bedtime**	
					☐ Taking as prescribed ☐ Taking differently ☐ Not taking
					☐ Taking as prescribed ☐ Taking differently ☐ Not taking
					☐ Taking as prescribed ☐ Taking differently ☐ Not taking
					☐ Taking as prescribed ☐ Taking differently ☐ Not taking
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					☐ Taking as prescribed ☐ Taking differently ☐ Not taking
					☐ Taking as prescribed ☐ Taking differently ☐ Not taking

Notes about medications: