

# **MEDICATION INFORMATION & RESOURCES**

**(including medical alert bracelets & medical record  
organizers)**

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1

## **GENERAL TIPS FOR TAKING MEDICATIONS**

**Disclaimer:** the UMDF does not assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information contained in this resource guide. No decisions regarding medical care or treatment should be made on the basis of information contained in this resource guide alone. The responsibility for proper medical treatment rests with the individual and his or her treating physician.

Tips:

**1. Set a Routine.** Take your medicine along with another routine or habit you do every day around the same time as the medication is due. This could be something simple such as when you eat breakfast (if the medicine can be taken with food), watching your favorite TV program, or bedtime.

**2. Keep a Medication Diary.** Include each current medication in the diary: the dosage, when it is to be taken, and any specific instructions. Put a check mark after taking each dosage. Also have a section for notes on discontinued medications and medication side effects or reactions you experienced.

**3. Helpful Reminders.** Use whatever means necessary to help remind you to take your medications. These could include: placing the medicine in a visible place but out of the reach of children, placing your pills in a medicine organizer that you refill once a week, putting sticky notes on visible places such as your mirror or computer, setting a timer.

**4. Check Refills.** Each time you get a refill, read the label to make sure the dosage and directions are the same. If they aren't, question the pharmacist as to whether your doctor changed them or there has been a mistake. If necessary, contact your doctor as well. Notice whether your pills look the same as before. If they don't, ask the pharmacist. If you bring your old bottle and check it against your refill before leaving the pharmacy, you may save yourself some phone calls and extra trips to the pharmacy.

**5. Plan Ahead.** Don't wait until your medication runs out before contacting the pharmacy. Give them appropriate notice. Ask your doctor for an extra prescription if you will be traveling for some time. Keep the prescription form on hand in case you need to fill it, or fill it ahead of time and keep one bottle in your suitcase and another on your person in case your luggage gets lost.

**6. Keep Taking your Medication.** Don't stop taking your medicine just because you are feeling better. Always check with your doctor first. It may be necessary to take some medications for chronic conditions, such as high blood pressure,

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2

indefinitely. If you stop taking them, the condition may recur. Finish your short-term prescriptions such as antibiotics. Stopping them early may cause the problem to return. Again, always check with your doctor!

**7. Inform your Doctors.** Let each of your doctors know all of the medications and supplements you are taking, prescription and non-prescription, including those prescribed by other doctors. Some drugs interact with others and your doctors will need this information in order to determine whether drug interaction could be an issue. It is helpful if you make a list of your medications ahead of time so you don't forget any.

**8. Report Problems.** Let your doctor/s know immediately if you have reactions or uncomfortable side effects to your medications, such as sleepiness or nausea. They may be able to prescribe something else instead. If you have concerns about taking a specific medication or a particular type of drug, talk to your doctor. Also let your doctor know if you cannot afford a medication.

**9. A Few Do's and Don'ts.** Don't store medications in your car's glove compartment or trunk while traveling. Heat and humidity can lessen the effectiveness of some drugs. Do not use your medication for conditions other than the reason it was prescribed for you. Be aware that some medications can be crushed; others cannot. Check first. Don't share your medications with others or take theirs.

#### Questions to ask your doctor/pharmacist

1. What is the name of the medicine and how will it help me?
2. How often will I take this medicine? How much do I take? How long should I take it?
3. How will this drug interact with my other medications, supplements, alcohol, and foods?
4. Is there a generic or liquid form of this medication?
5. How soon should this medication work and how will I know it is working?
6. Does this medication have side effects?
7. Does it matter if I take this medicine on an empty or full stomach?
8. Should I avoid any activities while on this medication?
9. What if I forget to take a dose?
10. How should I store this medication?

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11. What should I do if I throw up after taking this medication?

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Medication Conversion Chart (from Parentsplace.com):

**cc's stands for cubic centimeters.**

**ml's stands for milliliters**

**One cc = one ml** They are equivalent.

**One teaspoon = 5 cc = 5 ml**

**One Tablespoon (Tbl) = 15 cc = 15 ml**

**One Tablespoon = 3 teaspoons**

**One ounce = 30 cc = 30 ml = 2 Tablespoons = 6 teaspoons**

**8 ounces** (The common size for a formula bottle) = **240 cc = 240 ml**

**Also, 2.2 pounds = 1 kilogram**

## MEDICATION RESOURCES

### Epic4Health

Discount Tishcon products, including CoQ10 & Q-Gel, for UMDF Members (must be a member)

Web: [www.epic4health.com](http://www.epic4health.com)

### Solace

Prescription form of CoQ10 (Cyto-Q, ubiquinol) that has received FDA-approved Orphan Drug status as a medical food for treatment of mitochondrial cytopathies. Information available from the company to give to doctors & insurance plans.

Web: [www.solacenutrition.com](http://www.solacenutrition.com)

### The Medicine Program

Free prescription medicine program for those who qualify.

P.O. Box 520

Doniphan, MO 63935-0520

573-996-7300

Email: [help@themedicineprogram.com](mailto:help@themedicineprogram.com)

Web: [www.themedicineprogram.com](http://www.themedicineprogram.com)

### National Organization for Rare Diseases (NORD)

Has medication assistance programs for a few drugs connected with rare diseases, including Carnitor.

55 Kenosia Avenue

PO Box 1968

Danbury, CT 06813-1968

Phone: (203) 744-0100

Tollfree: (800) 999-6673 (voicemail only)

Fax: (203)798-2291

Web: <http://www.rarediseases.org/programs/medication>

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4

### **NeedyMeds.com**

“Provides information about patient assistance programs which provide no cost prescription medications to eligible participants.” Programs listed for specific medications.

Web: [www.needymeds.com](http://www.needymeds.com)

### **Partnership for Prescription Assistance**

Helps “find programs that provide prescription medicines for free or nearly free.” Includes national and state resources, and Puerto Rican information.

Web: [www.pparx.org](http://www.pparx.org)

### **Ross.com**

Links for Medicare/Medicaid coverage, including nutritional & enteral products, by state.

Web: <http://abbottnutrition.com/Our-Products/Medicare-and-Medicaid.aspx>

### **Drug Interactions**

The following websites allow you to check medications for drug interactions:

[www.drugdigest.org](http://www.drugdigest.org)

[www.health.discovery.com/encyclopedias/checker/checker.jsp](http://www.health.discovery.com/encyclopedias/checker/checker.jsp)

### **Pharmacy Websites**

<http://www.dearpharmacist.com>

<http://www.vh.org/adult/provider/pharmacyservices/RXUpdate/2004/04rxu.html>

(list of medications that should not be crushed)

### **International Academy of Compounding Pharmacists**

“A compounding pharmacist prepares customized prescription medication to meet individual patient needs.” Includes pharmacist location finder.

Web: [www.iacprx.org](http://www.iacprx.org)

UMDF Note: Because some patients are prescribed a “vitamin cocktail”, they may wish to locate a compounding pharmacist who can custom mix their supplements.

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## **Medical Health Files, Medication Planners & Pill Organizers**

### **CARE Memory Wrist Band**

Electronic medical ID bracelet that can hold entire medical history and can be plugged into a USB port to download information onto a computer. Will take special orders for small size wrists.

Website: <http://www.carememoryband.com/>

Phone: 1-866-798-4531

### **Coming Home**

Developed by a "mito mom." Their mission is "to provide resources to people with in-home health care needs." Current product is a medical organizer suitable for the patient to take to doctor visits, ER, therapy, etc. Includes forms for status, ER info, medications, history, and more.

7 Oakmont Drive

Brownsburg, IN 46112

Phone: (317) 858-6356

Email: [info@cominghomeguide.com](mailto:info@cominghomeguide.com)

Web: [www.cominghomeguide.com](http://www.cominghomeguide.com)

### **Dx-PRN**

Medical document storage portable memory stix.

Can be carried in your pocket, keychain or necklace.

Will come to your support group meeting for demonstration.

Dx-PRN, Inc.

PO Box 21892

South Euclid, OH 44121-0892

216-291-5416, 866-397-7626

[www.dx-prn.com](http://www.dx-prn.com)

### **ForgettingThePill.com**

Phone: 1-877-367-4382

Web: [www.forgettingthepill.com](http://www.forgettingthepill.com)

Pill boxes, Alarms, Pill Dispensers, Pill crushers, vitamin organizers

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### **Health and Wellness Record**

“An intelligent childhood health journal to help busy parents feel more confident managing their child's health and wellness.” Promoted by Exceptional Parent Magazine

HR Press

52 Belmont Cres.

Midhurst, Ontario,

Canada L0L 1X1

Phone: 705) 721-4981

Website: [www.healthandwellnessrecord.com](http://www.healthandwellnessrecord.com)

### **MedicAlert**

Provider of medical information including: ID alert services, response center, ID jewelry

MedicAlert Foundation International

2323 Colorado Ave

Turlock, CA 95382

Phone: 888-633-4298

Web: [www.medicalert.org](http://www.medicalert.org)

### **Med-File**

Phone: 1-800-333-0925

Web: [www.imedfile.com](http://www.imedfile.com)

Personal medical portfolio

### **Road ID**

ID wrist band created for outdoor athletes but recommended by a mito mom. Interactive version includes info for accessing online updateable emergency response profile information.

Web: [www.roadid.com](http://www.roadid.com)

### **Unikeep**

Phone: 1-800-829-8117

Web: [www.unikeep.com](http://www.unikeep.com)

Medical document organizers

### **Yahoo! Shopping**

Web: <http://shopping.yahoo.com>

A search for medication organizers yields many types and brands.

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