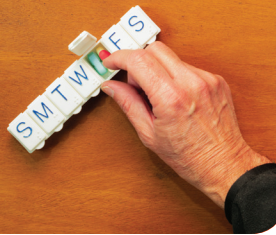


# Keep Track of Your Medicines Using a Pillbox



Using a pillbox can help you keep track of the medicines you need to take each day. It can also help you to stay on schedule with your medicines. Talk with your doctor or pharmacist if you need help with your medicines. Below are steps on how to fill your pillbox:

## Step 1: Make a list of all your medicines

- Read the label on each bottle and write down the directions on how to take the medicine just as they are printed.
- Your medicine list should include all the medicines you take as well as those that cannot go in a pillbox such as inhalers, liquids or injectables.



## Step 2: Fill your pillbox

- Open all the lids of your pillbox.
- Start with the first medicine on your list and fill each box as needed for the whole week.
- When finished, close the bottle and move it away from the ones you have not filled yet.
- After each medicine is placed in the pillbox, check all boxes to make sure each day has the right amount of medicines.
- Close all the lids of your pillbox.



## Step 3: Safely dispose of unneeded or expired medicines

- If there is change to any of your prescriptions, safely dispose of unneeded or expired medicines as soon as possible. This can be done by taking them to a police station or pharmacy with a Drug Take Back Program. For a location near you, visit the Collection Site Locator at [www.dea.gov/takebackday](http://www.dea.gov/takebackday).



## Keep Track of Your Medicines Using a Pillbox

### Step 3 (continued): Safely dispose of unneeded or expired medicines

- If a Drug Take Back Program is not available, strong pain relievers or opioids can be flushed down the toilet to keep your household safe. Medicines that cannot be flushed can be thrown away in household trash by mixing them with a substance that cannot be eaten, like coffee grounds or cat litter.
- To learn more on how to dispose medicines and which medicines can be flushed, visit [www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html](http://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html).

### Expect the Unexpected

- Be ready for events that may be out of your control such as: earthquakes, loss of power and road closures.
- During these events you may not be able to get to a pharmacy.
- Keep at least a week's worth of medicines as a part of your emergency kit.



If you have any questions about this content, call CalOptima Health Customer Service at the toll-free numbers below. We have staff who speak your language. Please visit us at [www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness) or scan the QR code to see health videos. Medi-Cal: 1-888-587-8088 (TTY 711), Monday - Friday, from 8 a.m. to 5:30 p.m. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan: 1-877-412-2734 (TTY 711), 24 hours a day, 7 days a week.