

Make Your Medicine List for Pillbox



SAMPLE MEDICINE LIST

Medicine Name	What It's Used For	When to Take My Medicine				Notes
		Morning	Noon	Evening	Bed Time	
** MEDICINES IN PILLBOX **						
Atorvastatin 20 mg tablet	Cholesterol			1 tablet		
Losartan 10 mg tablet	High blood pressure	1 tablet				
Metformin 1,000 mg tablet	Diabetes	1 tablet		1 tablet		Take with food
Omeprazole 20 mg capsule	Acid-reflux	1 capsule				Take 30 minutes prior to morning meal
** MEDICINES NOT IN PILLBOX **						
Albuterol 90 mcg inhaler	Asthma	Inhale 1 to 2 puffs by mouth every 4 to 6 hours as needed				
Diclofenac 1% gel	Joint pain	Apply to the affected area 4 times daily as needed				
Fluticasone 50 mcg nasal spray	Allergies	Use 2 sprays in each nostril once daily				
Trulicity 1.5 mg/0.5 mL pen	Diabetes	Inject 0.5 mL (1.5 mg) under the skin every Monday				
Tylenol (Acetaminophen) 500 mg tablet	Pain	Take 1 tablet by mouth every 6 hours as needed				Do not take more than 3,000 mg (6 tablets) in 24 hours or combine with other products containing Acetaminophen



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 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.

