

MEDICATION SAFETY: HINTS FOR LABELING

- Use rubber bands to differentiate medications that are stored in separate containers.
- Use rubber bands to keep track of your daily dosage of a medication:
 - For example, place rubber bands around the bottle or container equal to the number of dosages you take each day of that particular medication.
 - Remove one band each time you take the medication. Replace the bands at the end of each day to begin the system again.
- Use raised or tactual markings:
 - Attach different numbers of rubber bands, tape, or paper clips to your medication containers to tell them apart
 - Use a Hi-Marks 2000 Tactile Pen or a Spot 'n Line Pen to make raised lines or dots on each container.
- Use large print, color-coded, or braille labels. Label your medication by name or usage.
- Ask if your pharmacist will place your medications in a blister package to help keep them organized.

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This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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MEDICATION SAFETY: HINTS FOR LABELING (cont.)

- Ask your pharmacist to place a large print label on your prescription container. You can also request large print instructions and different-sized bottles or containers for each pill.
- Ask if your pharmacist will place your medications in a blister package to help keep them organized.
- Use a pill organizer: Many styles are available in drugstores or supermarkets and have raised or large print markings.
- Use a talking medication identifier, such as the Tel-Rx Talking Prescription Recorder or the Talking Rx. Talk to your pharmacist to learn more about these specialty products.
- You can find specialty labeling products in the VisionAWARE online store at www.visionaware.org/product-catalog.

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