Step 4: Add Pictures of the Medicine

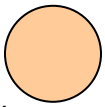
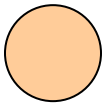
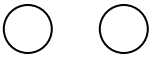
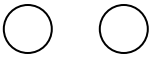
Using the pill image templates on page 10, copy and paste the correct shape for each medicine into the "Name" and time of day columns as shown below. Color each shape to represent the color of the pill. For example, we used the circle shape and colored it light orange for Sarah's simvastatin, and inserted this drawing into the "Name" and "Night" columns for simvastatin.

Make sure the number of pills in the column corresponds to the number of pills that should be taken at that time of day. For example, since Sarah takes her furosemide twice a day, two pills each time, we put two drawings of each of those pills in the "Morning" column and two in the "Evening" column.

If you are including multiple pills with similar shape or color, you can write in any markings on the pill to help distinguish one pill from another.

Step 4:

Name: Sarah Smith **Date Created: 12/15/07**
Pharmacy phone number: 123-456-7890

Name	Used For	Instructions	Morning 	Afternoon 	Evening 	Night 
 Simvastatin 20mg	Cholesterol	Take 1 pill at night				
 Furosemide 20mg	Fluid	Take 2 pills in the morning and 2 pills in the evening				
Insulin 70/30 	Diabetes (Sugar) 	Inject 24 units before breakfast and 12 units before dinner	 24 units		 12 units	

Now all of Sarah's medicines and instructions are on the card. This provides an easy reference for her to remember each of her medicines, what she takes them for, when she takes them, and how many she takes at a time.

Because the card is intended to be very simple and include only the most important information, it should be used in conjunction with the other medicine information provided by a doctor or pharmacy. For example, if Sarah wants to know the possible side effects of her simvastatin, she will need to check the information leaflet that came with her medicine.

Step 5: Print the Card

Print the card on a color printer, preferably on a heavy-weight paper that will not be easily lost or damaged.

Using a Personalized Pill Card

Sarah can easily see all of the important information about her medicines on her pill card. She can:

- Hang this card on her refrigerator or keep it with her medicines.
- Bring the card with her the next time she visits her doctor, in case she wants to ask a question about one of her medicines, or if she has trouble keeping them straight.
- Take the card with her if she travels somewhere, to help her keep track of her medicines while she's away from home.