

SAFE MEDICATION MANAGEMENT AT HOME

Continue Your Treatment Safely After Discharge



After discharge from rehabilitation, your medication plan may change. Some medications may be started, stopped, or given at a different dose or time.



The name of each medication and why you take it.



The correct dose.



When and how often to take it.



Whether it should be taken with or without food.



Which medications were changed or discontinued.



Important: Follow your updated discharge medication list and instructions.

If anything is unclear, ask your healthcare team or pharmacist before taking the medication.



Your health.
Your safety.
Our care.

ORGANIZE YOUR MEDICATIONS

A Consistent Routine Helps Prevent Medication Errors



Keep an updated medication list

Include the medication name, dose, schedule and purpose.



Use a regular schedule

Take medications at the prescribed times.



Use a pill organizer when appropriate

Make sure it is filled according to the current medication list.



Set reminders

Phone alarms or a daily medication chart can help.



Store medications safely

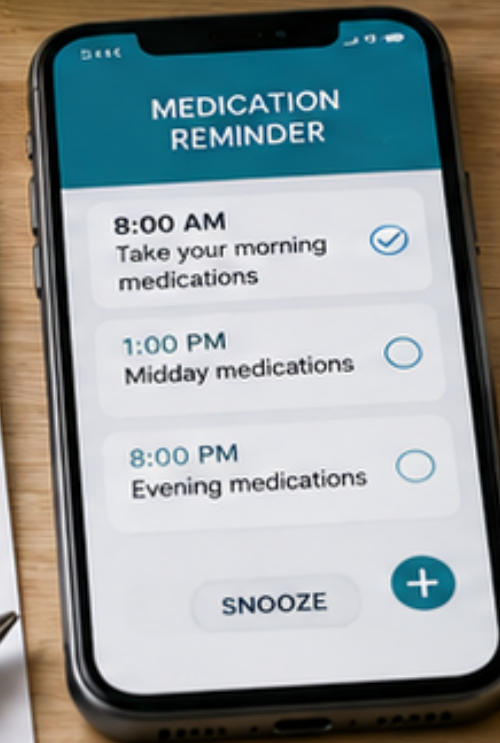
Follow storage instructions and keep medicines out of children's reach.



Do not transfer medications into unmarked containers or take a medication if you cannot clearly identify it.



MY MEDICATION LIST			
Medication	Dose	Time	Purpose
Amlodipine	5 mg	8:00 AM	Blood pressure
Aspirin	100 mg	8:00 AM	Heart protection
Metformin	500 mg	8:00 AM	Diabetes
Atorvastatin	20 mg	8:00 PM	Cholesterol
Vitamin D	1000 IU	After breakfast	Supplement



BEFORE TAKING A MEDICATION

Stop • Check • Take It Correctly



Right person

Make sure the medication belongs to the correct patient.



Right medication

Compare the medication with the updated medication list.



Right dose

Check the prescribed strength and amount.



Right time

Make sure it is the correct time for the dose.



How should it be taken?

Check whether it should be taken with food, without food, or according to other special instructions.



Expiry date and packaging

Make sure the medication is in date and can be clearly identified.



SAFETY CHECK

A few seconds can prevent a serious mistake.



Right person



Right medication



Right dose



Right time



Right way



Right reason



Never change the dose, stop a prescribed medication, or start a new medication on your own.



MY MEDICATION LIST

Medication	Dose	Time	Purpose
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Atorvastatin	20 mg	8:00 PM	Cholesterol
Aspirin	100 mg	8:00 AM	Heart protection
Vitamin D	1000 IU	After breakfast	Supplement



If you are not sure about any medication – ask your doctor or pharmacist before taking it.



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Check every time before you take



Follow the instructions carefully



Use only the medicines prescribed for you



Your safety is our shared goal

Neurological Rehabilitation Department
Dorot Geriatric Medical Center



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NEW MEDICATIONS, SIDE EFFECTS & INTERACTIONS

Pay Attention to Changes After Discharge



After starting a new medication or changing treatment, watch for new or significant symptoms, such as:



Dizziness or increased risk of falling



New drowsiness or confusion



Significant nausea or vomiting



Rash or another unusual reaction



Unusual bleeding (e.g., nosebleeds, bleeding gums, blood in stool or urine)



Significant changes in blood pressure or heart rate (when monitoring is required)



Before adding anything new

Ask a doctor or pharmacist before using an over-the-counter medicine, vitamin, supplement or herbal product.

These may interact with your regular medications and affect their safety or effectiveness.



SEEK URGENT MEDICAL HELP for severe symptoms such as:



Difficulty breathing



Swelling of the face, lips or tongue



Loss of consciousness



Any other serious, sudden reaction



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Know your medications



Be aware of possible effects



Ask before adding anything new



Report changes early



Your safety, our priority

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MISSED DOSES & FAMILY SUPPORT

Manage Medications – Don't Guess



MISSED A DOSE?

Do not automatically take a double dose.

Follow the specific instructions for that medication or ask a doctor or pharmacist.



AT MEDICAL APPOINTMENTS

- ✓ Bring an updated medication list.
- ✓ Report all prescription and over-the-counter medications.
- ✓ Include vitamins, supplements and herbal products.
- ✓ Update your list whenever treatment changes.

HOW FAMILY MEMBERS CAN HELP



Help organize medications when needed.



Make sure instructions are understood.



Watch for changes in the patient's condition.



Keep the medication list updated.



Contact the healthcare team when something is unclear.



REMEMBER: UPDATED MEDICATION LIST + CONSISTENT ROUTINE + CORRECT USE + FOLLOW-UP = SAFER MEDICATION MANAGEMENT AT HOME ♥



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Working together
for your safety



Right medication
Right way



Safer recovery
at home



Your health
Our mission

Neurological Rehabilitation Department
Dorot Geriatric Medical Center



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