

December 15, 2021

RFVG\*\*\*\* AQWS\*\*\*\*  
505 Market St. , Suite 200  
West Des Moines, IA 50266

Dear RFVG\*\*\*\* AQWS\*\*\*\*,

Thank you for talking with me on December 15, 2021, about your health and medications. As a follow-up to our conversation, I have included two documents:

1. Your **Recommended To-Do List** has steps you should take to get the best results from your medications.
2. Your **Medication List** will help you keep track of your medications and how to take them.

If you want to talk about these documents, please call Kevin Natzke at (877)237-0050 X555, Monday through Friday 8:00 AM to 6:00 PM CST. TTY users call 711.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

*Kevin Natzke*

Kevin Natzke  
Pharmacist, Outcomes Training Pharmacy

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## Recommended To-Do List

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Prepared on: 12/15/2021

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You can get the best results from your medications by completing the items on this "**To-Do List.**"



Bring your **To-Do List** when you go to your doctor. And, share it with your family or caregivers.

### My To-Do List

<p><b>What we talked about:</b></p> <p>You currently take two antiplatelet medications, Aspirin and Clopidogrel. These medicines are often used together for at least 6 months after a stent is placed. Some people may have to take both medications together for up to 12 months or longer, depending on the type of procedure performed and the stability of the coronary arteries. The combination of these medications makes you more prone to bleeding.</p>	<p><b>What I should do:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Alert your doctor if you experience sudden or unexplained bleeding, bleeding that won't stop for a long time, blood in your urine/stool/vomit, coughing up blood, excess fatigue, weakness, headache, or unusual/unexpected bruising. Talk with your doctor about how long you will be taking this combination of medications, and whether or not you will be able to stop one of them in the future.</li></ul>
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<p><b>What we talked about:</b></p> <p>ATORVASTATIN CALCIUM 40 MG TABLET - Atorvastatin helps manage your cholesterol. To gain the most benefit, it's important to not miss doses of this medicine. You shared you sometimes forget to take your atorvastatin at night because it is the only medication you take in the evening.</p>	<p><b>What I should do:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Start taking your atorvastatin in the morning at the same time as your other medications since it works well when taken at any time of day and will help reduce the chance you will forget to take it.</li></ul>
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<p><b>What we talked about:</b></p> <p>We created a list of the medications you are taking. We talked about why you use each medication and the best way to take them.</p>	<p><b>What I should do:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> It is important to take your medications as directed to get the most from them. Talk to your pharmacist if there are changes to your medications or if you have questions.</li></ul>
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# How to Safely Dispose of Unused Prescription Medications

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Get rid of unused or expired medicine as soon as possible. Read the information that came with your medicine. It might tell you how to safely get rid of it. If you don't have the information, follow one of these safe options:

1. **Ask your local pharmacy** if they have a program to get rid of medicine you do not need anymore.
  - ♦ Some pharmacies (and other DEA approved sites) allow medicine to be mailed to the pharmacy.
  - ♦ Ask for the special packages needed to mail medicine.
2. Bring the medicine to a **community Drug Take Back program**.
  - ♦ This is the best method for controlled substances.
  - ♦ Drug Take Back programs near you:
    - HY-VEE PHARMACY 1890  
555 SOUTH 51ST STREET WEST DES MOINES, IA 50265
    - HY-VEE DRUGSTORE 2 PHCY #7082  
1010 60TH STREET WEST DES MOINES, IA 50266
3. Visit **DEATakeBack.com** to find other collection sites in your area.
  - ♦ You can search by your city or zip code at <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>.
4. Follow the steps below to **throw away medicine in the trash** or flush *approved* medications.
  - ♦ Do not flush medicine in the toilet or sink unless there are instructions telling you to do so. Learn more about the flush list and safe medicine disposal at <https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>.

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▼ Take or scratch off personal information, including Rx number, from the packaging before getting rid of medicine.

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## Throwing away medicine at home

There are three simple steps to throw away your medicine in your household trash:

1. **Remove** the medicine from its container and **mix** with an unappealing substance, such as dirt, used coffee grounds or kitty litter.
2. Put in **sealable bag** or other container. This will prevent leaking or breaking out of the garbage bag.
3. Place in the trash.

## Medication List

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Bring your Medication List when you go to the doctor, hospital, or emergency room. And, share it with your family or caregivers.



Note any changes to how you take your medications. Cross out medications when you no longer use them.

Medication	How I take it	Why I use it	Prescriber
ASPIRIN 81 MG TABLET	TAKE 1 TABLET (81 MG) BY MOUTH ONCE DAILY	HEART DISEASE	SELF
ATORVASTATIN CALCIUM 40 MG TABLET	TAKE 1 TABLET (40 MG) BY MOUTH ONCE DAILY	HIGH CHOLESTEROL	MARK MARKSON
CLOPIDOGREL BISULFATE 75 MG TABLET	TAKE 1 TABLET (75 MG) BY MOUTH ONCE DAILY	HEART DISEASE	MARK MARKSON
FISH OIL 1000 MG CAPSULE	TAKE 1 CAPSULE (1000 MG) BY MOUTH ONCE DAILY	HEART HEALTH	MARK MARKSON

Medication	How I take it	Why I use it	Prescriber
LISINOPRIL 20 MG TABLET	TAKE 1 TABLET (20 MG) BY MOUTH ONCE DAILY	HIGH BLOOD PRESSURE	MARK MARKSON
METFORMIN HCL 500 MG TABLET ER 24HR	TAKE 1 TABLET (500 MG) BY MOUTH ONCE DAILY	DIABETES	MARK MARKSON
METOPROLOL SUCCINATE 50 MG TABLET ER 24HR	TAKE 1 TABLET (50 MG) BY MOUTH EVERY MORNING	HEART DISEASE	MARK MARKSON
MULTIVITAMIN MEN 50+ TABLET	TAKE 1 TABLET (50+) BY MOUTH ONCE DAILY	GENERAL HEALTH	SELF
SERTRALINE HCL 100 MG TABLET	TAKE 1 TABLET (100 MG) BY MOUTH ONCE DAILY	DEPRESSION	MARK MARKSON



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

 **Allergies:**

Codeine - Fever, Shortness of Breath, Dizziness  
Insulin - Throat Pain or Swelling

 **Side effects I have had:**

Lactose - Nausea or Vomiting  
Sulfa/Sulfonamides - Dizziness



**My notes and questions:**