



# Life After Stroke

## Top Medication Management Tips for Stroke Survivors and Caregivers



### Do

- ▶ Keep a current and accurate list of all medications with you at all times including over-the-counter vitamins and herbals.
- ▶ Review the medication list, drug allergies and medical diagnosis at each provider/therapist visit.
- ▶ Remember aspirin and high blood pressure medications are very important for stroke survivors and anyone with high blood pressure.
- ▶ Remember Coumadin, a blood thinner, must be managed with dietary and bleeding precautions, as well as getting lab work on schedule.
- ▶ Use one pharmacy to more easily monitor drug interactions, duplication and usage. Use one physician or let each physician you visit know what the other physician(s) have given you.
- ▶ Use a pill planner to organize your medications for the coming week to help you recall if you have taken your medication.
- ▶ Keep a notebook for writing down questions that come up between provider visits. Take the notebook with you to make sure all questions are answered when visiting your physician or provider.
- ▶ Avoid home remedies, vitamin supplements, etc., without checking with your physician or pharmacist first.



### Don't

- ▶ Use any medicines not prescribed **specifically for you**.
- ▶ Take expired medications.
- ▶ Split medicines if not prescribed to do so or approved to split to save money.
- ▶ Spilt non-scored tablets, especially if extended-release (they cannot be evenly divided).
- ▶ Take any veterinary medicine (dog, cat or cow antibiotics) or anti-parasite medications.

**I N T E G R I S**

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