



DISCHARGE MEDICATION CHECK LIST



1 DO NOT START OR STOP MEDICATIONS

NEVER stop or change any medication prescribed by the transplant team without contacting them first.
IF a medication is not on your card, it has not been approved and should not be taken.



2 UNDERSTANDING YOUR MEDICATION CARD

Do not change the times of the day that you take your medications without talking to someone from the transplant team. The times are important. Most medications will be taken at **9am** and **9pm**.
VIDEO TUTORIAL: Understanding Your Medication Card:
SCAN QR CODE



3 ORGANIZING YOUR MEDS

Your pill bottles are numbered to match your medication card. Line up the pill bottles in numerical order to help organize yourself.
VIDEO TUTORIAL: Organizing Medications and Using a Pill Box:
SCAN QR CODE



4 KEEP YOUR MED CARD UP-TO-DATE

Because the doses of your medications may be constantly changing, follow your medication card (which you are responsible for keeping UP-TO-DATE) for dosing. DO NOT follow the directions on your prescription bottles because they may not be 100 percent accurate.
Always bring your medication card to the clinic or to the hospital.



5 DOUBLE CHECK YOUR MATH

Always look at the strength of each tablet/capsule written on your prescription bottles before determining how many pills to take. Certain medications come in a variety of strengths therefore, it is very important to verify the strength of the tablets/capsules to keep from mistakenly over or under dosing yourself.



6 LAB DAYS

On Lab days, you must get your blood drawn around 8 am before taking any of your morning medications. **ALWAYS BLOOD BEFORE DRUG. "B" BEFORE "D"**.
Make sure to take your evening medication at 9pm the night before.



7 PHARMACY

You will need to contact the retail pharmacy 7-10 days prior to running out of your medications for refills.

8 BEFORE CARDIAC CATH PROCEDURE

Make sure to take blood pressure medications with sips of water prior to cardiac cath procedure as noted on the yellow medication card.

