

MEDICATION CABINET INVENTORY



**Lock up
your meds!**

Monitoring your meds can help reduce the potential for abuse and also keep them out of the hands of others.

Directions

1. Add each prescription to the list
2. Once a week, count the remaining pills and mark the date
3. Properly dispose of any unused medications at one of Whatcom County's secure Drug Take Back locations at whatcomhope.org/take-back-locations/

medication - name and strength	date filled	expiration date	original quantity	Quantity Remaining			
				date	date	date	date

Ask your doctor about the potential for addiction with your medications, as well as alternative forms of pain management. For more information about opioid abuse prevention, drug take back locations, and other important information, check out WhatcomHope.org.



MEDICATION CABINET INVENTORY



**Lock up
your meds!**

Monitoring your meds can help reduce the potential for abuse and also keep them out of the hands of others.

Directions

1. Add each prescription to the list
2. Once a week, count the remaining pills and mark the date
3. Properly dispose of any unused medications at one of Whatcom County's secure Drug Take Back locations at whatcomhope.org/take-back-locations/

medication - name and strength	date filled	expiration date	original quantity	Quantity Remaining			
				date	date	date	date

Ask your doctor about the potential for addiction with your medications, as well as alternative forms of pain management. For more information about opioid abuse prevention, drug take back locations, and other important information, check out WhatcomHope.org.

