

FOR EXAMPLE ONLY
PLEASE CONSULT YOUR DOCTOR FOR YOUR PATIENT'S SPECIFIC NEEDS

PATIENT'S DAILY MEDICATION SCHEDULE - AS OF DATE: _____

MORNING:

NORMALAX (¼ MEASURE MIXED WITH GLASS OF WATER)
ELIQUIS (ANTI-COAGULANT)
NEXIUM (FOR GASTRIC ULCER)
SORBON (ANXIETY)
BRINTILLEX (DEPRESSION)

HALF HOUR LATER - HAVE BREAKFAST

THEN TAKE AFTER BREAKFAST PILLS:

½ METROPOLOL (HEART - NOT IF BLOOD PRESSURE IS LOW)
JANUET (DIABETES)
THYROXINE (THYROID FUNCTION)

AFTER LUNCH:

IRON (BLOOD ENRICHMENT)
ALLOPURINAL (FOR GOUT - LARGE WHITE PILL)
VITAMIN D (YELLOW)
SORBON (ANXIETY)

WALK OUTSIDE (WHEN IT COOLS DOWN, AFTER 4 PM IN SUMMER)

TUESDAYS & THURSDAYS ONLY:

B-12 UNDER THE TONGUE

6:30 PM PILLS:

NEXIUM & SORBON (DESCRIPTIONS ABOVE)

8:00 PM PILLS:

ELLIQUIS (ANTI-COAGULANT)
SPASMAX (URINARY CONTROL)

10:00 PM PILLS:

JANUET (DIABETES)
LITORVA (FOR HEART)
1 TRAZODIL (ANXIETY & SLEEP)