

THE TWO-BOTTLE STRATEGY

Taking medications properly is NOT always easy. Patients given a 10-day course of antibiotics often have 4 or 5 pills left at the end of the 10th day. Similarly, it is not unusual for women, who really do not want to get pregnant, to miss one or two birth control pills in a month.

Relying on memory to take medications often leads to incorrect pill counts!

With pain medications, relying on memory could easily lead to overtaking. For example, patients might not remember whether they are taking the second or third pill of the day, resulting in pill counts going wrong.

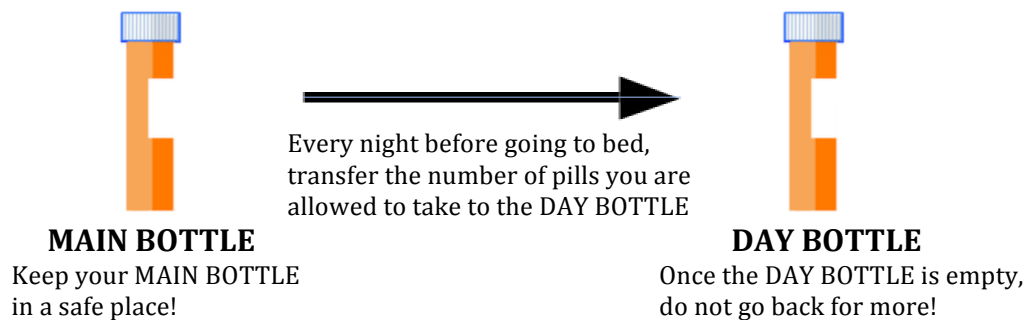
With controlled medications, it is VERY important to not overtake your medications. To help patients take their medications properly, we suggest what we call the:

TWO-BOTTLE STRATEGY

Basically, use 2 different bottles to hold each controlled medication. One of these 2 bottles is your **MAIN BOTTLE**, which we suggest you always store in a safe location (we highly recommend an inexpensive safe). We will refer to the second bottle, as the **DAY BOTTLE**, which holds no more than one day's medications.

We suggest that every evening before going to bed, transfer **only** the number of pills you are allowed to take in one day from the **MAIN BOTTLE** to the **DAY BOTTLE**. For example, if you supposed to take 4 pills per day, take out 4 pills and put them into the DAY BOTTLE, leaving the MAIN BOTTLE in the safe place. Once the DAY BOTTLE is empty, you have taken all the pills you are supposed to take for that day and you cannot go back to the MAIN BOTTLE

→ this way, you CANNOT overtake your medications.



IMPORTANT: It is *illegal* to carry controlled medications (such as pain pills) without proof of prescription. For this reason, **you could be arrested** if the police find pain pills on you without proof they were prescribed to you. For this reason, you must be able to prove that the medication properly belongs to you. There are several ways to prove this:

1. use an older prescription bottle *for the same medication* prescribed to you previously as your DAY BOTTLE. Make sure the label on the bottle is legible and indicates that the medication is prescribed to you.
2. carry a receipt from the pharmacy that shows the medication was prescribed to you.
3. use your smart phone to take a picture of your pill bottle showing your name and the name of the medication. This should be sufficient proof that the pills belong to you.

Remember: You need to repeat this strategy for each controlled medication you are prescribed. In other words, if you are prescribed 3 different controlled medications, you need to have TWO bottles for **each** medication, or 6 bottles – three in storage and 3 day bottles.