



## “The Lucy”

### Tips for Taking Medications – Short or Long Term Use

We asked thousands of people like you and me who take medication or have to help track them for a family member or friend on what they suggest that is most easy and effective. Sometimes healthcare providers give us charts that aren't user friendly. We think you'll find our FREE forms uber easy to download and use. <https://hive80.com/free-downloads/>

### Some Tips for Taking Meds

**Keep a chart at home of everything you take**, even something like Ambien. You can take it and forget you took it and you DONT want to double dose on Ambien, other sleep aides, anti-depressants, pain meds, heart medications, etc.

**This super easy tracking form on our Hive80.com site** is FREE, and you can download and print it as many times as you want. <https://hive80.com/free-downloads/> You can also take this form and track it electronically. Just save and edit. I use it daily for family medication protocols.

-It has the medication's names, what the generic is, how many milligrams and when it was last taken as well as when it comes up for renewal.

-I keep a hard copy in my drawer. When it's early or late, or I just forget, it's nice to have the paper trail. And believe me – there are so many times that I've got so much going on, this happens! This go-to tracking chart puts my mind at ease.

**Moms and Dads**, if you're giving meds to your **kids or your pets, parents**, you can use this same form. If you have someone helping you give the medications, they can use this form too.

**So many people** are on at least 4-6 antidepressants or anxiety pills, ADHD drugs, Ambien or sleep aids - and then add cholesterol meds, diabetes drugs, heart meds and blood thinners. WOW- it's really important to track when you take them and how much, so you get it right, and don't get sicker from negative drug interactions or excess/overdose.

**Track your meds everyday**, and after a procedure or surgery so that family, friends and caretakers have easy access to what you've taken, and what you need to take to stay healthy. You can also take this form and track it electronically. Just save and edit. <https://hive80.com/free-downloads/>

**Don't wait until the last minute to refill prescriptions or get your medical supplies!** If you do, your physician may not be available to sign off, or the pharmacy may be closed, or out of the supplies or medications you need. This can cause anxiety and negatively affect your health, so be prepared 24-48 hours in advance.

**Ask others on [hive80.com](https://hive80.com)** about their personal experiences, or your pharmacist on the differences with nighttime vs morning/daytime medications, taking them on a full or empty stomach, what are the normal side effects common and uncommon, so you can recognize them and not panic or become more anxious. Anxiety and stress impede recovery!

