

# How you can use the Medicine Cabinet Inventory

- List all prescriptions, including over-the-counter medications.
- Include the date of purchase and quantity.
- Include recommended dosage. Never increase or decrease doses without talking to your doctor.
- Keep all medications out of reach of all young children and adolescents.
- To properly dispose of unused or expired medications, dispose of medications in a community drop box site or mix them with used cat litter, coffee grounds or sawdust to make them less appealing, before throwing them in the garbage.

The following organizations offer information and resources that can help you and your family.



**Find help and hope**  
for alcoholism, drug abuse or problem gambling  
Call or Text **1-877-8-HOPENY**  
Text: HOPENY (467369) 1-877-846-7369



**Combat Heroin  
and Prescription  
Drug Abuse**

**Office of Alcoholism and  
Substance Abuse Services**

**Department  
of Health**

Combat Heroin – [www.combatheroin.ny.gov](http://www.combatheroin.ny.gov)

New York State Office of Alcoholism and Substance Abuse Services – [www.oasas.ny.gov](http://www.oasas.ny.gov)

New York State Department of Health – [www.health.ny.gov](http://www.health.ny.gov)

# Medicine Cabinet Inventory

Use the following chart to help keep track of the medications in your medicine cabinet.

List the name and strength of the prescription and nonprescription medications. Include the date filled, the expiration date, and the original quantity. Once a week, count the pills remaining and mark the date.

Medication Name and Strength	Date Filled	Expiration Date	Original Quantity	Quantity Remaining			
				Date	Date	Date	Date

Make sure to ask your doctor or pharmacist if the medication you are taking could be addictive.



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