



KNOW YOUR MEDS



KNOW How to Pack A Pill Box

Choose a convenient day and time to pack your pill box **regularly without interruption**



Check the **expiry date** and **appearance** of your medication

DO NOT pack medication that has expired or changed in appearance into your pill box

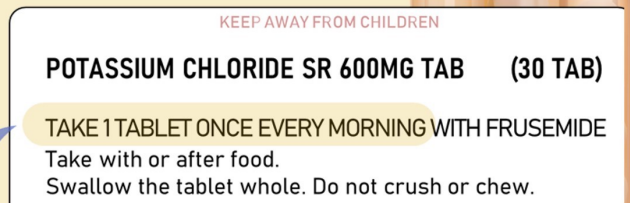
1 Start with one medication you take **REGULARLY** and set the rest aside

Packing **one medication at a time** helps prevent mix up



2 Check **HOW MUCH, HOW OFTEN** and **WHEN** you need to take the medication in a day

Always follow the **latest** instructions



3 Fill the pill box

Place one tablet into each morning slot

DO NOT pack into your pill box

- **Light or moisture-sensitive** medication
- Medication you take only **when needed**



4 Repeat for your other medications and close the pill box when you are done packing



A National Pharmacy Strategy initiative
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In Collaboration with
Pharmaceutical Society of Singapore



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