

Before the Bottle Runs Out

A small system so you are not left with none over a weekend.

WHEN TO USE THIS

Use this once, then check it whenever you pick something up.

When does each one run out?

WHAT IT IS	DATE IT RUNS OUT	REFILLS LEFT

How many days ahead do you need to order?

Ask your pharmacy how much notice they need.

What usually goes wrong?

- ☐ I notice too late
- ☐ It needs a new prescription first
- ☐ The pharmacy is out of it
- ☐ I cannot get there to collect it
- ☐ Holidays and weekends

What will you set up so you get a warning in time?

Running out is a scheduling problem. It can be fixed with a date.