

Medications

How to get your medications:

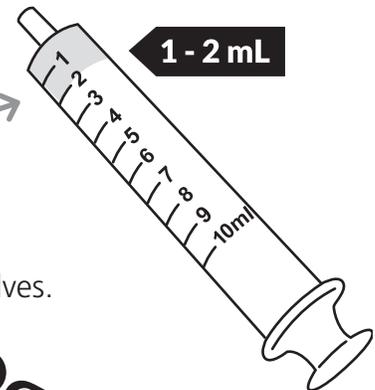
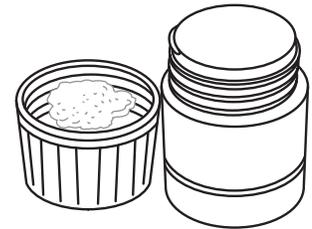
As an Agrace patient, you can continue to get medications from your pharmacy. Some medications will be billed through Agrace. Others may be billed the way they were before you enrolled with Agrace; your care team will review this with you. Agrace will inform your pharmacy that you are in our care, and we will work with them to make sure medications are billed correctly. If you have any trouble getting your medications or think you were charged incorrectly, please contact your care team.

Crushing Medications & Giving Them under the Tongue

If it becomes hard for you to swallow pills, you may need a different way to take your medications. Crushing pills, mixing in a small amount of water and then giving that mixture under the tongue is a helpful option. Before using this method, be sure talk with your Agrace nurse, because some pills should not be crushed.

Follow these steps to crush medicines:

- 1 Wash your hands with soap and water, or use hand sanitizer. Try not to touch the medication with your bare hands (wear medical gloves, if available).
- 2 Use clean, dry equipment, such as:
 - a. a pill crusher (preferred)
 - b. a clean plastic sandwich bag and a heavy cup/small hammer, or
 - c. a small cup/bowl and a sturdy spoon.
- 3 Crush the pill, then put ALL of it into a small bowl or cup.
- 4 Draw 1 to 2 mL (milliliters) of water into your syringe.
- 5 Add the water from the syringe to the crushed pill in the bowl. Use just enough water to dissolve the medicine.
- 6 Mix the crushed pill and water together until the medication dissolves.
- 7 Draw up ALL of the dissolved mixture into the syringe.
- 8 Sit up or have your caregiver raise the head of your bed up to at least a 30-degree angle.
- 9 Drop by drop, place all the dissolved medication under the tongue.
- 10 Wash your hands with soap and water, or use hand sanitizer.



Allow time for the medicine to absorb. Do NOT swab or moisten the mouth for at least 30 minutes.

Changing or stopping medications:

There are many reasons Agrace might suggest that you change or stop certain medicines. As your condition declines, some medicines are no longer helpful or appropriate. A medicine's side effects may become worse than its benefits, or it might not be on Agrace's formulary [a list of approved medications]. Agrace's pharmacist and physicians, along with your personal doctor, oversee all medication recommendations and changes.

Disposing of unused medications:

In order to prevent harm, it is important to quickly and safely dispose of all unused medications, particularly powerful, addictive, controlled substances such as fentanyl, morphine and oxycodone. Medications like these can sometimes be fatal with just one wrong dose. If unused medications are not disposed of properly, they could be taken accidentally by children or pets, or be taken illegally by someone other than the person for whom the medicines were prescribed. In addition, improper disposal can be bad for the environment, contaminating water and harming wildlife.

Agrace cannot accept unused medications for return or reuse. Your care team will teach you about safe disposal. Options may include drug take-back programs, proper disposal in household trash, or flushing medications down the sink or toilet (the federal government has a list of medications for which flushing is recommended if take-back programs are not available).

Agrace's Medication Disposal Policy, which can be found in the "Forms & Policies" section of this handbook, has more information about Agrace's ability to assist you with disposing of unused medications.

If you live in a skilled nursing or assisted living facility, the facility will have its own policies about the disposal or return of unused medications.

We appreciate your understanding and support of our medication disposal policy. If you have any questions or comments, please ask your Agrace team.

