

Monthly Medicine Cabinet Inventory (MMCI)

Use this chart to help keep track of the prescription/non-prescription drugs in your medicine cabinet.

Name, Strength, Quantity of Drug/Recommended Dosage	Date Filled	Expiration Date	Quantity Remaining/ Date					

How to use the Monthly Medicine Cabinet Inventory (MMCI):

- Do a MONTHLY inventory of your medicine cabinet!
- Gather all prescription/non-prescription drugs and list them under medication name and strength.
- Include quantity and recommended dosage.
- Include date prescription was filled or purchased and the expiration date.
- Never take more than the recommended dosage unless you speak with your doctor.
- Keep a list of medications that you have allergic reactions to.
- Keep all non-prescription/prescription drugs out of the reach of children and always monitor when any type of drug is given.
- Do NOT include syringes. For further information on disposal of syringes you may visit NYS Department of Health http://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps or ACR Health <http://acrhealth.org>.

To properly dispose of any unused or expired non-prescription or prescription drugs, visit a MedReturn Unit located at: Boonville PD; Camden PD; Kirkland PD; Oneida County Sheriff Dept.; Oriskany PD; Rome PD; Sherrill PD; Trenton Municipal Building; Utica PD; Waterville Municipal Building. For more information visit www.WhenTheresHelpTheresHope.com or contact Jodi Warren at: 315-733-1709 or via email, jwarren@cflrinc.org.

