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. To properly dispose of unused or expired medications, mix them with used cat litter, coffee grounds or sawdust to make them less appealing before throwing them in the garbage.

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