



Health or wellness or
prevention informaton

Attn: Pharmacy Services
11511 Shadow Creek Parkway
Pearland, TX 77584

Nevil Longbottom
123 Westville Ave
Tonawanda, NY 14120

PREVIEW

PREVIEW

July 9, 2025

Nevil Longbottom
123 Westville Ave
Tonawanda, NY 14120

Dear Nevil Longbottom:

Thank you for talking with me on about your health and medications. As a follow-up to our conversation, I have included two documents:

1. Your **Recommended To-Do List** has steps you should take to get the best results from your medications.
2. Your **Medication List** will help you keep track of your medications and how to take them.

If you want to talk about these documents, please call KelseyCare Advantage at 713-442-5407 between the hours of 9 a.m. to 6 p.m. (CST) Monday through Friday.

I look forward to working with you and your doctors to make sure your medications work well for you.

Sincerely,

Hannia Qureshi

Hannia Qureshi, PharmD
Pharmacist, KelseyCare Advantage

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB number for this information collection is 0938-1154. The time required to complete this information collection is estimated to average 40 minutes per response, including the time to review instructions, searching existing data resources, gather the data needed, and complete and review the information collection. If you have any comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: CMS, Attn: PRA Reports Clearance Officer, 7500 Security Boulevard, Baltimore, Maryland 21244-1850

Recommended To-Do List

Prepared on:

You can get the best results from your medications by completing the items on this **"To-Do List."**



Bring your **To-Do List** when you go to your doctor. And, share it with your family or caregivers.

My To-Do List

What we talked about: No clinical recommendations required at this time	What I should do: <input type="checkbox"/> No specific follow-up is needed at this time.
---	--

How to Safely Dispose of Unused Prescription Medications

Prepared on:

Safe Disposal of Prescription Drugs

Unneeded, unused, or expired medications should be disposed of as soon as possible. This is especially important for Controlled Substance medications to avoid accidental poisoning, misuse, or abuse. The best way to dispose of most types of medications is to take them to a local Drug Take Back Site or Program.

Drug Take Back Sites

The U.S. Drug Enforcement Administration (DEA) and its partners collect and safely dispose of medications as a service to communities. Based on your address, we have provided two sites in your community; we suggest visiting the DEA website for more locations that may be convenient for you at:

<https://www.deatakeback.com>

Site 1

*ECKERD CORPORATION
343 MEADOW DRIVE
NORTH TONAWANDA, NY 14120

Site 2

*TOPS MARKETS
301 MEADOW DR
NORTH TONOWANDA, NY 14120

Sites collected on Jul 8, 2025 from

<https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e2s1>

Drug Take Back Programs

The U.S. Drug Enforcement Administration (DEA) sponsors National Prescription Drug Take Back Days in communities nationwide, usually in April and October. Many communities also have their own Drug Take Back Programs. Local law enforcement officials and pharmacies are a good source of information on Drug Take Back Days. More information is available online at:

<https://www.fda.gov/consumers/consumer-updates/where-and-how-dispose-unused-medicines> or

https://www.deadiversion.usdoj.gov/drug_disposal/takeback/takeback.html

How to Dispose of Medicines at Home

When a take back option is not readily available, two options for disposing of medications at home are:

Flush the medication down a sink or toilet if the drug is on the FDA Flush List. The FDA Flush List is available online at:
<https://www.fda.gov/media/85219/download>

Trash Disposal if the drug is **NOT** on the FDA Flush List, follow these steps:

1. Remove the drugs from their original containers and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter. This makes the medicine less appealing to children and pets and unrecognizable to someone who might intentionally go through the trash looking for drugs.
2. Put the mixture in something you can close (a re-sealable zipper storage bag, empty can, or other container) to prevent the drug from leaking or spilling out.
3. Throw the container in the garbage.
4. Scratch out all your personal information on the empty medicine packaging to protect your identity and privacy. Throw the packaging away.

More information on the safe disposal of medications is available from the U.S. Department of Health and Human Services online at:
<https://www.hhs.gov/opioids/prevention/safely-dispose-drugs/index.html>. Other options may be available for safe disposal of medications, such as disposal packets and addressed envelopes for mailing. Ask your pharmacist or other health care provider for more information.

Medication List

Prepared on:



Bring your Medication List when you go to the doctor, hospital, or emergency room. And, share it with your family or caregivers.



Note any changes to how you take your medications.
Cross out medications when you no longer use them.

PREVIEW



Add new medications, over-the-counter drugs, herbals, vitamins, or minerals in the blank rows below.

Medication	How I take it	Why I use it	Prescriber

▼ Allergies:

▼ Side effects I have had:



My notes and questions:

PREVIEW