Medication Cleanup Checklist

Use this checklist to separate current medication information from outdated records and identify questions for a pharmacist or clinician. Do not stop or discard medication based on age alone.

Family member:		Updated:	

	Cleanup step
☐	Gather current prescription bottles or packaging.
☐	Gather OTC medicines, vitamins, supplements, and herbal products being used.
☐	Gather old prescription bottles still stored in the home.
☐	Gather recent hospital/discharge and outpatient medication lists.
☐	Mark the newest clearly current medication list.
☐	Separate obviously historical paper copies from the current record.
☐	Set aside old bottles or prescriptions whose status is unclear.
☐	Flag conflicting directions or duplicate prescriptions for clarification.
☐	Flag OTC products that may contain overlapping ingredients.
☐	Keep unidentified loose pills separate; do not guess what they are.
☐	Ask a pharmacist or clinician about unclear current-vs-old medication status.
☐	Ask about safe disposal or take-back options for confirmed unused medication.
☐	Remove or obscure personal information from labels before discarding empty containers.
☐	Update the current medication list after questions are resolved.
☐	Update the medication schedule if instructions changed.
☐	Date the new current list and clearly retire outdated copies.

Questions to Resolve

Medication / Item	What Looks Outdated / Conflicting	Who to Ask	Resolution / Date

Finish line: one clearly current medication record, outdated information separated, and unresolved questions handed to the professionals who can answer them.

Follow FDA/DEA/pharmacist guidance for disposal. This checklist is educational and organizational only.