1. Bring the exact amount of medication for the three week program. Count pills and label outside of bottle with the number of pills enclosed.

2. Keep medications in their original packaging/bottle that identifies prescribing physician, name of medication, dosage and frequency of administration. (If a dosage has been changed and is not reflected on the label, have pharmacy print an updated label)

3. When you arrive on Sunday, keep out your medications for that entire day as you will be responsible for taking your medications on your own.

4. Starting Monday morning, all medications will be dispensed by the nurses. The schedule for dispensing medications daily will be 8 am, 12 noon, 5:30 pm and 11 pm, Monday through Sunday.

5. Health Services must be notified if you do not take your medication on weekends or if you take them on an “as needed” basis.

6. If you have any questions or concerns in regard to medication management, please call Health Services at Landmark College at 802-387-6753.