

# Your Health Checklist: Atrial Fibrillation Medications

Medications are the first line of treatment for atrial fibrillation.

Taking your medications as directed is one of the most important things you can do to manage your atrial fibrillation.

Follow this checklist to manage your atrial fibrillation medications and take them as directed.

**Do:** Sort your medications for the days and times during the week. Keep track of the amount of medication you have so you know when you need a refill.

**Do:** Store your medications in the same place. This will make it easy to remember exactly where they are.

**Do:** Read the medication labels and make sure you take each medication as directed. Some medications will need to be taken with or without food.

**Do:** Create an up-to-date medication list. Take it to your healthcare appointments and carry it with you. Include any vitamins, over-the-counter medications, and supplements you take as well.

**Do:** Let your dentist know if you are taking any blood thinner medication before your next appointment.

**Do Not:** Double dose if you miss a dose. Contact your healthcare provider about what to do if you miss a dose.

**Do Not:** Ignore any side effects. Your Healthcare provider may be able to change your medication if needed.

**Do Not:** Take any medication that is past its expiration date.

**Do Not:** Stop taking your medication without first talking with your healthcare provider.

Follow this medication checklist to actively manage your atrial fibrillation and help maintain your health.