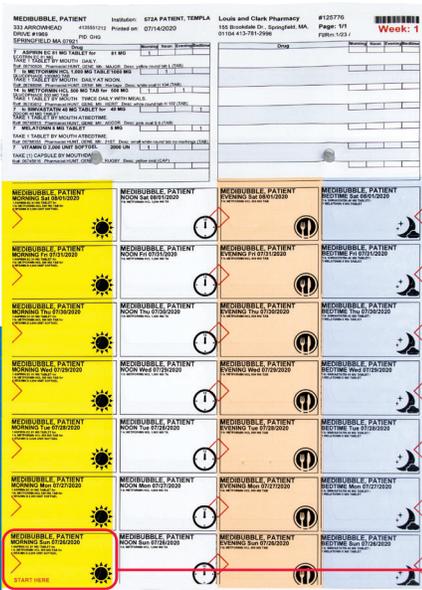


Louis & Clark Pharmacy



How to Use Your Weekly MediBubble® Card

Step 1

Start with the card marked Week 1 in the upper right corner. Hold card with the bubbles facing down. The first dose is the yellow bubble in the lower left corner marked MORNING.

START HERE

Step 2

Each day, take your medications across the row from left to right at the designated times: morning (yellow), noon (white), evening (orange) and bedtime (blue). Each bubble includes the day and date that you should be taking the dose, as well as the time.

MORNING NOON EVENING BEDTIME

Step 3

To dispense pills, push down on the paper perforations.

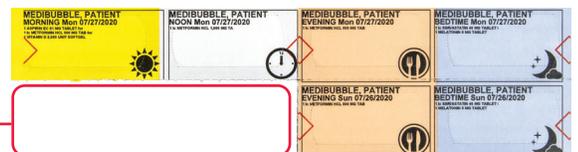
PUSH



Step 4

You can tear off each bubble on the plastic perforations as you go, or bring them with you if you need to take your medications while away from home. Alternatively, you can tear off each row as you complete each day's doses so you can start from the bottom left each morning.

DISCARD EMPTY BUBBLES



IF YOU HAVE ANY QUESTIONS ABOUT YOUR MEDICATIONS OR DOSAGE INSTRUCTIONS, CALL US AT 413-781-2996.