Helpful Tools to Chart and Store Hep C Treatment Meds

August 19, 2013 By Connie M. Welch

Here are helpful tools to use as a guide to chart and store Hep C treatment meds. It is important to chart daily when you take your Hep C treatment meds and know how to properly store your meds for effectiveness and safety.

One of the side effects of Hep C Treatment is temporary concentration issues or brain fog due to the medication. Your chart will help you keep on track. Keep your chart where you see it often, like in the kitchen or wherever you take your meds. Helpful Tip: Be sure to Chart AFTER you take your meds. Note day & time, or place a check by time and medication.

Make a Chart by:

- Computer (Make your own or Calendar Labs.com see blank templates.)
- Spiral Notebook or Notepad
- See examples below used by other Hep C patients.

This is a chart example used by Hep C Patient, Connie.

Incivek: 3 x daily (every 8 hrs.)

8:00am___

4:00pm___

12:00am___

Ribavirin: 2 x daily

8:00am___

4:00pm___

Peg Interferon: Once a week Monday PM:_____

Water:___ ___ ___ ___ ___ ___ ___ ___ ___ ___

Other Meds:

_____
____

Special Notes:

_____
____

If you use a blank chart or template from CalendarLabs.com, you can customize by writing in each block or copy and paste your meds or abbreviate info in each block. Here is how Hep C Patient Colleen listed hers.

I: 5:30am

R: 10:30am

I: 12:30am

R: 7:30pm

I: 7:30pm

Peg: 9:00pm

I=Incivek, R=Ribavirin; Peg=Peg Interferon Injection
Note: Your dosage amount and time will depend on your doctor's prescription for you.

Storage of Hep C Treatment Meds:

***KEEP ALL MEDICATIONS AND INJECTION PENS OUT OF THE REACH OF CHILDREN AND PETS. Be sure to store your meds in the proper temperature to assure effectiveness and safety.

Peg Interferon (pen style pre-mixed injection) must be stored in refrigerator between 36Â°F to 46Â°F (2Â°C to 8Â°C), or cooler with ice while traveling.

- Do not freeze PegIntron.
- Keep PegIntron away from heat.

*If you have a question on how to use the pen injection or proper dosage amount, ask your

doctor/nurse, pharmacy or drug manufacturer. You should receive training on how to properly use self injection pen prior to your first dose. For safety and to avoid infection, No one else should give you injection unless instructed by your physician.

All used Peg Interferon pens should be placed in a Sharps Container or Empty Laundry Detergent Bottle with the cap on. Mark bottle: Used Medication Needles. I stored my used needle bottle under my kitchen sink in a safe out of the way place. When bottle is full, take to your doctor's office to be disposed of properly. Used needles or injection pens are NOT to be placed in the regular trash. Take all left over medication to your doctor's office to be properly disposed of.

Incivek (Telaprevir): Oral Tablets

Store Incivek tablets at room temperature between 68ÂºF to 77ÂºF (20Â°C to 25Â°C).

Victrelis (Bocepivir): Oral Tablets

Store Victrelis in the refrigerator between 36 and 46 degrees F (2 and 8 degrees C). Victrelis may also be stored at room temperature up to 77 degrees F (25 degrees C) for 3 months. Keep Victrelis in the original container. Avoid exposure to excessive heat. Store away from heat, moisture and light. Do not store in the bathroom.

Ribavirin: Oral Tablets

Store at room temperature between 59 and 86 degrees F (15 and 30 degrees C). Store away from heat, moisture and light. Do not store in the bathroom.

*If you have a question on taking your medication or proper storage, contact your physician, pharmacy and/or drug manufacturer.

Do you have a helpful tool or idea?

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