

# Bion Healthcare

## The Two-Bottle Strategy

### A Safe & Simple Way to Take Your Controlled Medications Correctly

Taking medications exactly as prescribed can be challenging. Even with something as short as a 10-day antibiotic course, patients often have leftover pills. Similarly, people on daily medications—like birth control—may forget a dose here or there. This is **especially important** when it comes to **controlled medications**, such as opioids.

Relying on memory can lead to **accidental overtaking** or **incorrect pill counts**, which may result in early refill denials, safety concerns, or even dismissal from care.

To help our patients stay on track, Bion Healthcare recommends the:

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### Two-Bottle Strategy

This simple method helps you **stay consistent, prevent mistakes**, and manage your medications responsibly.

#### How It Works:

1. **Use Two Bottles:**
    - **Main Bottle** – This is your full prescription bottle, kept in a safe and secure place at home.
    - **Day Bottle** – A smaller container that holds only the pills you are allowed to take for **one day**.
  2. **Each Night:**
    - Before going to bed, transfer only your **next day's dose** from the **Main Bottle** into your **Day Bottle**.
    - For example, if you're prescribed 3 pills a day, place exactly 3 pills in your Day Bottle for the following day.
  3. **Throughout the Day:**
    - Only take pills from your **Day Bottle**.
    - Once the Day Bottle is empty, you know you've taken your full dose for the day.
    - **Do not return to the Main Bottle until the next evening.**
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## Main Bottle Tips:

- Store it securely—preferably in a locked safe or secure cabinet.
  - Do not carry this bottle with you unless absolutely necessary.
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## Important Legal Reminder:

It is **illegal** to carry controlled medications (such as opioids) without proof of a valid prescription. If stopped by law enforcement and you can't prove the medication is yours, you could be at risk of **arrest or legal issues**.

To protect yourself, always have proof that the medication belongs to you when using your Day Bottle:

### ✓ Options include:

1. Use an **older prescription bottle** with your name and the correct medication listed as your Day Bottle.
  2. Carry a **pharmacy receipt** showing the prescription was filled in your name.
  3. Take a **photo on your smartphone** of the original prescription bottle with your name and the medication clearly visible.
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## Summary

The Two-Bottle Strategy helps ensure:

- You do **not overtake** your medication.
- You can **track your usage accurately**.
- You stay **in compliance** with your treatment plan.
- You protect yourself **legally** when outside your home.

If you have any questions or need help setting up your Two-Bottle System, please speak with your provider at **Bion Healthcare**.