

# MY MEDICINES LIST

[www.MyMedsList.org](http://www.MyMedsList.org)



My name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

(Insert relative or friend)

- Write all prescriptions, over-the-counter medicines and supplements below.
- Keep this list up-to-date and with you at all times
- Send and/or show the list to your doctors and pharmacists at each visit
- Ask them to check for unnecessary duplications or medicines that could interact to cause harm
- This list will help you take your medicines correctly

Find more copies of this list at [www.mymedslist.org](http://www.mymedslist.org)

Check below the types you use. Write the names of medicines in the chart

- Allergy medicines
- Antacids
- Antibiotics
- Blood pressure or heart medicines
- Cold, flu or cough medicines
- Herbs and dietary supplements
- Hormones or contraceptives
- Laxatives
- Medicine patches or skin creams
- Pain medicines
- Sleeping pills
- Vitamins, minerals
- Weight loss pills

Name of medicine or product	How much do I take at each dose?	When and how do I take it?	Why do I take it?	Date I started it	Date I stopped
<i>Example: Naproxen</i>	<i>1 tablet, 250 mg</i>	<i>7AM and 7PM, with food</i>	<i>Arthritis</i>	<i>7/31/2009</i>	<i>N.A.</i>

List all medicines you avoid due to allergies or side effects: \_\_\_\_\_

\_\_\_\_\_

Your Primary Doctor \_\_\_\_\_ Phone \_\_\_\_\_ Pharmacy \_\_\_\_\_ Phone: \_\_\_\_\_

## Questions to ask the doctor or pharmacist

Write your answers below.

- What is the name of the medicine and how do you spell it?  
\_\_\_\_\_
- What is the medicine for?  
\_\_\_\_\_
- Is there a lower cost medicine that I can take?  
\_\_\_\_\_
- How much medicine should I take?  
\_\_\_\_\_
- When and how should I take the medicine?  
\_\_\_\_\_  
\_\_\_\_\_
- What should I do if I forget to take the medicine?  
\_\_\_\_\_
- What should I do if I accidentally take more than the prescribed dose?  
\_\_\_\_\_  
\_\_\_\_\_
- Are there side effects I should know about? When should I call the doctor about a side effect?  
\_\_\_\_\_  
\_\_\_\_\_
- Does this drug interact with any other medicines I take, including over-the-counter medicines, vitamins, supplements and herbals?  
\_\_\_\_\_  
\_\_\_\_\_
- Can I take alcohol with this medicine?  
\_\_\_\_\_
- Where can I find written information about this medicine?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ✓ Fold this list to fit in your wallet or purse
- ✓ Keep your list up-to-date.
- ✓ Use a pencil so you can erase.
- ✓ Print a new list when you need one.

For more lists,  
visit

[www.azcert.org](http://www.azcert.org)

[www.MyMedsList.org](http://www.MyMedsList.org)



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