TakeMedsSeriously.org

My Medications List

Name _____

Physician's Name _____ Phone _____

Here's how to find out if your particular combination of medications is safe:

1. List all medicines you're taking, including over-the-counter medicines, vitamins, and herbal supplements.
2. Review your medications list with your doctor or your pharmacist at least once a year.
3. Ask your doctor or pharmacist to explain each medicine:
   - Why you're taking it
   - What type of medicine you're taking
   - How long you can expect to take it
   - Any possible side effects
   - If a narcotic, are there any non-narcotic alternatives

Name of Medicine	Dose	Directions of use	Reason for taking it	Notes