

Keeping Track of Your Medications

Name:	Date of Birth:
Allergies:	Emergency Contact:
Doctor's Name:	Pharmacy:






No matter what your age or condition, it is important that you know what medicines you take and why you take them. Bring this list and your medicines to every appointment so that your medical team can take the best care of you.

My Medication Tracking Form

A medicine list can help you and your family keep track of all your medications; both over-the-counter and those prescribed by your healthcare professional. Having all of your medicines listed in one place also helps your doctor, pharmacist, hospital or other healthcare workers take better care of you. "My Medication Tracking Form" is an easy way to keep you healthy!

1. Fill out the form using pencil listing all your medicines on the opposite side of this document; including Prescription Medications and Over-the-Counter Medications.
2. Be sure to include medicines that you buy from pharmacies, through mail order and over-the-counter medicines, vitamins, minerals or herbs.
3. Be sure to include how much or "dose" you take of each medicine.
4. Check what time of day you take each medicine and whether you need to take the medicine with food.
5. Write down why you take your medicine and who prescribed it.

Here's an example:

Name of Medicine	Dose	When do I take this medicine?						Medication Purpose
		 AM	 Noon	 After Noon	 Bed Time	<i>Only As Needed</i>	 With Food	
<i>Tylenol</i>	<i>325mg</i>	<i>X</i>			<i>X</i>		<i>X</i>	<i>Arthritis Dr. Z</i>

6. Always take your Medication Tracking Form to healthcare appointments; including to your doctor, pharmacist, specialists, hospital, or emergency room.
7. Whenever you start to take a new medicine or stop taking a medicine, be sure to update your list.
8. If you have questions about your medicines, be sure to ask your doctor or pharmacist. They will be happy to explain further!