

My Medication List

From: Your Medication List: A Caregiver's Starter Guide (Sample) · One list for everything · by Grace Lin (Sample)

One page for every medicine, vitamin and supplement. Bring it to every appointment and every pharmacy visit, and update it whenever anything changes.

About me

Name:

Date this list was last updated:

Allergies and past reactions (what happened):

Pharmacy name and phone:

Clinicians (names and phone numbers):

Emergency contact:

Prescription medicines

Medicine name and strength	What it's for	How much and when	Daily or as needed	Prescribed by / started	Notes

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Over-the-counter medicines, vitamins, supplements and herbs

Product name	Active ingredient(s)	Why I take it	How much and how often	Notes

Keeping it current

- ☐ Copy at home (fridge or cabinet door)
- ☐ Copy in wallet or purse
- ☐ Photo on my phone
- ☐ Reviewed with my pharmacist
- ☐ Reviewed at my last appointment
- ☐ Updated after any new, changed or stopped medicine

Sample worksheet for general education. Do not stop or change any medicine without talking with your own clinician or pharmacist.