

My name: \_\_\_\_\_ Last updated on: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
(relative or friend)



# MY MEDICINES

Write all your current prescriptions, over-the-counter medicines and supplements in the chart below. Keep this list up-to-date and always carry it with you. Show it to your doctors and pharmacists at each visit and ask them to check for unnecessary duplications or medicines that could interact to cause harm.

Check the types you use below. 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 for each dose?	When and how do I take it?	Why do I take it?	Date I started it
<i>Example: Naproxen</i>	<i>1 tablet, 250 mg</i>	<i>2 times/day, with food</i>	<i>Arthritis</i>	<i>7/31/2009</i>

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

Medicines to avoid due to allergies or side effects:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Doctor \_\_\_\_\_  
Doctor's 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)



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