



My Medication List

Keep one copy on the refrigerator and one in your wallet. Bring it to every appointment.

Name	Date of birth	Allergies	Pharmacy and phone	Last updated

Medicine or supplement	Dose	When I take it	What it is for	Prescribed by

Include vitamins, supplements and over-the-counter medicines too. Ask your pharmacist to review the whole list once a year.



Medication List: How to Use It

One accurate list can prevent mix-ups at the doctor, the pharmacy and the ER.

What to include (all of it)

- **Prescriptions:** the name on the label, the strength (for example 10 mg) and how often you take it.
- **Over-the-counter medicines:** pain relievers, antacids, sleep aids, allergy pills, laxatives.
- Vitamins, supplements and herbal products: they can interact with prescriptions too.
- Eye drops, creams, inhalers, patches and injections: these count.
- **Allergies and reactions:** write what happened, for example "penicillin: rash."

Keep it current

- Update it the same day anything changes, and write the date at the top.
- Cross out stopped medicines instead of erasing, then make a fresh copy when it gets messy.
- Keep one copy on the refrigerator, one in your wallet or purse, and give one to a family member.
- Snap a photo of it with your phone as a backup.

Use it at every visit

- Hand it to the nurse or doctor at every appointment, including specialists and the dentist.
- **Once a year, do a "brown bag" review:** put every bottle in a bag and bring it to your pharmacist or doctor. Ask, "Do I still need all of these?"
- Ask before adding anything new, even an over-the-counter product: "Is this safe with what I already take?"
- Never stop a prescription on your own. Ask your doctor first.



Medication List: How to Use It (continued)

Getting rid of old medicines safely

- Many pharmacies have drop-off kiosks. The DEA also holds National Prescription Drug Take Back Days each spring and fall.

Ask your pharmacist, "Can you put everything I take on one printed list for me?" Many will, and it is a good way to double-check this sheet.

Sources and more help: U.S. Food and Drug Administration ([fda.gov](https://www.fda.gov)); National Institute on Aging ([nia.nih.gov](https://www.nia.nih.gov)); DEA Take Back Day ([dea.gov/takebackday](https://www.dea.gov/takebackday)). General information only. Your doctor and pharmacist know your situation.