

My**MedsList** helps me and my family keep track of everything I take to keep me healthy — my pills, vitamins and herbs. Having all of my meds in one place also helps my doctor, pharmacist, hospital or other healthcare workers take better care of me.

My**MedsList** — **10 Must Do’s**

1. Fill out the form, with help from my healthcare professional.
2. List of all of my medicines. Be sure to include medicine I take from all pharmacies that I use as well as any over-the-counter medicines, vitamins, herbs or minerals I may take.
3. Next, think about what I take in the morning, afternoon, around dinnertime, and before I go to bed.
4. For every medicine (including ones I get without a prescription), vitamin or herb I take, I need to write down these things:

The name of what I take (like Tylenol, Acetaminophen 500 mg)

What it looks like (round, white and red, clear liquid)

When I take it (morning, noon, with dinner, at bedtime)

How much I take of this (1 pill, 3 drops, 2 puffs)

How many times a day do I take it

How I take it (by mouth, with food, with a needle)

I started taking this on: (Sept. 15, 2010)

I will stop taking this on: (Sept. 30, 2015)

Why I take it (for my arthritis, for my heart, to lower cholesterol)

Who told me to use it (my family doctor, my arthritis doctor)

1. Always keep this card with me. Fold it and keep it in my wallet or purse, so I will have it in case of an emergency.
2. Whenever I stop taking something or start taking something new, be sure to update My**MedsList**.
3. When I go see the doctor, my pharmacist, have a test, or have to go to the hospital or emergency room, take this form with me.
4. If I have any questions about my medicines, contact my doctor or pharmacist.
5. When any changes are made to my medicines, update My**MedsList**.
6. **Remember to**
   * Complete My**MedsList,** carry My**MedsList**, and show My**MedsList** to care providers.

