

MyMedsList 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.

MyMedsList — 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)
5. 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.
6. Whenever I stop taking something or start taking something new, be sure to update **MyMedsList**.
7. 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.
8. If I have any questions about my medicines, contact my doctor or pharmacist.
9. When any changes are made to my medicines, update **MyMedsList**.
10. **Remember to**
 - Complete **MyMedsList**, carry **MyMedsList**, and show **MyMedsList** to care providers.