



My Medicines

1. Keep track of all the medicine you take, including the name, the amount you take (dose) and the time you take it.
2. Include all the medicine you take, even those you buy without a prescription. Include herbal remedies or other things you take.
3. Keep the original list at home.
4. Make a copy of this list to take with you to all of your appointments.

Prescription Medicines	What do I take this for?	How much do I take (dose)?	When do I take it?	With food? Other special instructions
Over-the-Counter Medicines	What do I take this for?	How much do I take (dose)?	When do I take it?	With food? Other special instructions
Vitamins/ Other Remedies	What do I take this for?	How much do I take (dose)?	When do I take it?	With food? Other special instructions