

Your Medication List



Medicines help us live longer and healthier but they need to be taken safely. The following are tips to help you keep track of your medicines:

- **Make a list** of all the doctor prescribed medications, over-the-counter drugs and any dietary supplements you take. The list should include the name of each medicine, amount you take, and time(s) you take it. If it's a prescription, also note the doctor who prescribed it and reason it was prescribed. Show the list to your healthcare providers, including physical therapists and dentists so they will better be able to treat you.
- **Create a file.** Save all the written information that comes with your medicines and keep it somewhere you can easily refer to it.
- **Check expiration dates on bottles.** If a medicine is past its expiration date, you may be able to dispose of it at your pharmacy, or, check with your doctor about how to safely discard it. Your doctor can also tell you if you will need a refill.
- **Make sure your doctor knows about all the medicines you take.** Include all those prescribed by other doctors, as well as vitamins, supplements, herbal remedies, and over-the-counter drugs.
- **Each time you visit your doctor,** ask if you still need to be on all your medications.

Questions to Ask Your Doctor About a New Medicine:

- What is the name of the medicine and why am I taking it?
- What medical condition does this medicine treat?
- How many times a day should I take it? At what time(s)?
- How much medicine should I take?
- Should I take the medicine with food or not?
- Is there anything I should not eat or drink when taking this medicine?
- How long will it take this medicine to work?
- Will this medicine cause problems if I am taking other medicines?
- Is it safe for me to drive while taking this medication?
- What does "as needed" mean?
- When should I stop taking the medicine?
- If I forget to take my medicine, what should I do?
- What side effects can I expect? What should I do if I have a problem?
- Will I need a refill? How do I arrange that?

