<u>My Medication List</u>

Use this list to keep track of ALL mediations and supplements you are currently prescribed. It is a good idea to keep an updated copy of this document in 3 places: in your wallet or purse, next to where you take your medications, and on your refrigerator for paramedics and EMTs in case of emergency.

Date last updated: _____

Last Healthcare visit: _____



<u>Medication Name</u>	<u>Dose: (number of</u> <u>pills)</u>	<u>Frequency (how often</u> <u>you take it):</u>

SOURCE: HTTPS://WWW.AHRQ.GOV/HEALTH-LITERACY/IMPROVE/PHARMACY/MEDICINE-LIST.HTML DISCLAIMER: MED ED MATERIALS, 2023. THIS INFORMATION IS INTENDED TO SUPPLEMENT, NOT CONTRADICT, THE MEDICAL ADVICE OF YOUR PRACTITIONER. FOR QUESTIONS OR MORE INFO, CONTACT YOUR PRACTITIONER. MEDEDMATERIALS.ORG

