

My Medication List



Use this list to keep track of ALL medications 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 pills)</u>	<u>Frequency (how often you take it):</u>

