



My list of medications

This medication chart is a great tool to help you keep track of everything you are taking, including prescriptions, vitamins, supplements, pain relievers and more. Fill it out completely and bring it to all medical visits to keep your health care team up-to-date on everything you are taking.

Medication	How much do I take?	When do I take it?	What do I use it for?
Example: Name of medication & dosage	Number of pills	Bedtime	How does it help
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			

(Use a pencil so it is easy to change or remove items)



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Tell your health care team if the cost of medicine keeps you from taking it as prescribed.