

## Medication Record

*If you have any questions about your medications, ask your healthcare provider.*

Your personal medication record is a list of all the medicines that you are currently taking. This includes:

- Prescription medicine ordered by your physician.
- Over-the-counter medicine that you take as needed without a prescription.
- Herbal supplements
- Dietary supplements
- Vitamins and minerals

This record is an important tool to help you keep track of your medicine. It will also help your healthcare team know what you are taking as they plan your care. They can safely plan your care by making sure:

- You are not taking 2 forms of the same medicine.
- Your medicines are safe to take with each other.
- No new medicine is ordered that may not be right for you.

### Personal Medication Record form

Complete the personal information about yourself at the top of the form. Include any allergies or reactions you have to food or medications.

#### **Medication name**

Write down the name of each medicine you take. If it was ordered by a physician, list it under "Prescription Medication." List all other medicine such as over-the-counter medicine, dietary supplements, herbals, vitamins and minerals under "Non-prescription Medicine."

#### **Reason I take this medicine**

Write down why you take this medication (such as the condition, symptom or treatment).

#### **Strength**

The strength of the medicine appears on the medicine label as an amount (such as mg, units, drops or mL).

#### **How much, how and when I take it**

This may also appear on the medicine label (example: Take 1 tablet by mouth before breakfast).

Write down:

- How much of the medication you take (such as 1 tablet, 2 drops).
- How you take it (such as by mouth, eye drops).
- What time of day or how many times a day you take the medicine (such as once a day, at bedtime).

### ***Started/stopped***

Write down the date you started to take this medicine. It will also be important for your healthcare team to know if and when you stopped taking this medicine. Before a hospital admission, test, procedure or surgery, you will be asked to tell your healthcare team which medications were not taken, as well as the time of the last dose.

Remember to:

- Keep this record in a safe place at home.
- Carry a copy with you at all times.
- Bring this record with you to all healthcare visits.
- Update this record whenever there is a change in the medicine that you take.
- Mark the date you complete or update the record in the lower left corner.

