

Medication List

It is important to keep a list of all medications you are taking (including vitamins and supplements). Keep a copy in your treatment binder and one in your purse or wallet. It will be helpful to be able to update it at doctor's visits and to have on hand when seeing a new physician or going to an emergency room. Draw a line through a medication when it is stopped and note why in the last column.

Allergies:

Name of Medicine (Generic & Brand)	Dose	When to Take	Who Prescribed?	Date Started	Reason for Taking, Changing or Stopping

