

MEDICINES I TAKE

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My name: _____ Date Completed: _____

Emergency contact: _____ (Insert relative or friend) Phone: _____

- Write all **prescriptions, over-the-counter medicines and supplements** below.
- Keep this list up-to-date and with you at all times.
- Send and/or show the list to your doctors and pharmacists at each visit.
- Ask them to check for unnecessary duplications or medicines that could interact to cause harm.
- This list will help you take your medicines correctly.

Check below the types you use. Write the names of medicines in the chart

Name of medicine or product	How much do I take at each dose?	When and how do I take it?	Why do I take it?	Date I started it	Date I stopped
<i>Example: Naproxen</i>	<i>1 tablet, 250 mg</i>	<i>7AM and 7PM, with food</i>	<i>Arthritis</i>	<i>7/31/2009</i>	<i>N.A.</i>

- Allergy medicines
- Antacids
- Antibiotics
- Blood pressure or heart medicines
- Cold, flu or cough medicines
- Herbs and dietary supplements
- Hormones or contraceptives
- Laxatives
- Medicine patches or skin creams
- Pain medicines
- Sleeping pills
- Vitamins, minerals
- Weight loss pills

List all medicines you avoid due to allergies or side effects: _____

Your Primary Doctor _____ Phone _____ Pharmacy _____ Phone: _____

QUESTIONS TO ASK THE DOCTOR OR PHARMACIST WHEN YOU GET A NEW PRESCRIPTION.

- ✓ What is the name of the medicine and how do you spell it?
- ✓ What is the medicine for?
- ✓ Is there a lower cost medicine that I can take?
- ✓ How much should I take each time?
- ✓ When and how should I take the medicine?
- ✓ What should I do if I forget to take the medicine?
- ✓ What should I do if I accidentally take more than the prescribed dose?
- ✓ Are there side effects I should know about?
- ✓ When should I call the doctor about a side effect?
- ✓ Does this drug interact with any other medicines I take, including over-the-counter medicines, vitamins, supplements and herbals?
- ✓ Can I drink alcohol while I take this medicine?
- ✓ Where can I find written information about this medicine?

Medications can help restore us and even save lives when used responsibly. Personalizing our medication use can reduce harmful instances. [CredibleMeds.org](https://www.CredibleMeds.org) offers improved access to vital information about your medications and the importance of personalized health.



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