

Have you ever gone to different pharmacies to get your prescriptions filled? Have you gone to multiple healthcare providers for different conditions? Have you ever been in a hospital or emergency room?

All of these places need to know what medicines you are taking, because their treatment may depend on their knowledge of your current medicines.

Throughout all these changes, it is helpful to keep track of your medicines. You can learn why it is important to keep track of your medicines and get started today.

Why should I keep track of my medicines?

Keeping track of your medicines helps you know when to take the right medicines at the right times, wherever you are:

- At home
- At the pharmacy
- In the emergency room
- At the hospital
- At the regular provider clinic
- If you are out of town and get sick
- At the rehabilitation center
- At the specialist clinic

How can I keep track of my current medicines?

You can start by putting together a list of the current medicines you are taking. Your medicine list can include:

- Prescription medicines
- Vitamins
- Herbs and supplements (like you would get at a vitamin store)
- Nonprescription medicines (These medicines are also called “over-the-counter” drugs. You are able to buy them at the store without a prescription).

Be sure to tell your provider about any pills, injections, patches, teas, or grapefruit juice you might be taking or using. It is important for your provider to know. Some medicines may not mix well with others.

You can give your medicine list to your provider if you have to go to a new pharmacy, new healthcare provider, or to the hospital. You can use the instructions on the label of each prescription to create your medicine list. For each prescription medicine, you can include:

- Name of prescription medicine
- How you are taking it (for example, with or without food, by mouth, by injection)
- Why you are taking it
- When you are supposed to take it
- What dose you are taking

On the next page, you will find a form to help you keep track of your medicines. You and a family member or friend can fill it out together. Be sure to ask your provider to help you complete your list of medicines.

Talk to your healthcare provider about your current medicine list.

(Please see over)

