

WHY DO I NEED TO KEEP THIS INFORMATION?

- You are the only one who knows exactly how you are taking your medications.
- A written list can help your health care provider take better care of you.
- This information can help to make sure that you are getting the right medications during and following a hospital visit.

HOW CAN I GET ALL OF MY MEDICATION INFORMATION?

- If you need help ask your doctor or pharmacy, or family or a friend who knows about your medications, to help you fill out this list.
- You can start by:
 - Listing all of your medications using the form on this other side of this pamphlet. Use the information on the medication bottles and containers.
 - Asking your pharmacy for a list of medications that you are currently taking.
 - Discussing and updating your prescribed medications whenever you visit the doctor, nurse or pharmacy.



WHAT SHOULD I INCLUDE IN MY UP-TO-DATE MEDICATION LIST?

- Include all medications that you are taking including prescriptions, over the counter medications, vitamin supplements and herbals. Don't forget to include inhalers, drops, creams, patches and so on.
- Include the dose and how often you take each medication.

Example: for **Medication Name** give the name of the medication. For **Strength** give the milligrams listed on the container. For **Directions** say how many pills, tablets, or teaspoons (for example) you take each time you take it and say if you take it once a day, twice a day, at bedtime, with meals and so on.

- Update your medication list whenever medications are changed, added or stopped.

**ALWAYS BRING AN UP-TO-DATE
MEDICATION LIST TO YOUR
OUTPATIENT APPOINTMENTS
AND FOR EMERGENCY VISITS**



**MEDICATION
SAFETY BEGINS
WITH ME**

**HELP US
HELP YOU!**

**MY
UP-TO-DATE
MEDICATION
LIST**

