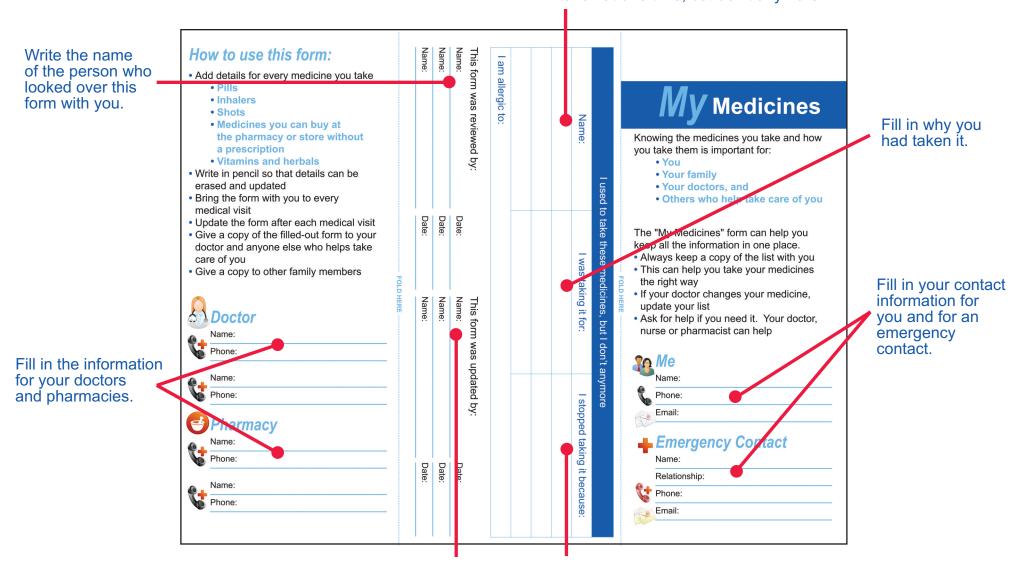
How to use the "My Medicines" form

The "My Medicines" form gives you a place to write down all the medicines you are taking. It is important to keep this form up to date and talk about it with your doctor. The form can be easily folded so you can keep it with you at all times.

If you have trouble with the form, ask someone for help. Your doctor, nurse, pharmacist, or a family member can help. Remember to add all the medicines you may be taking, including:

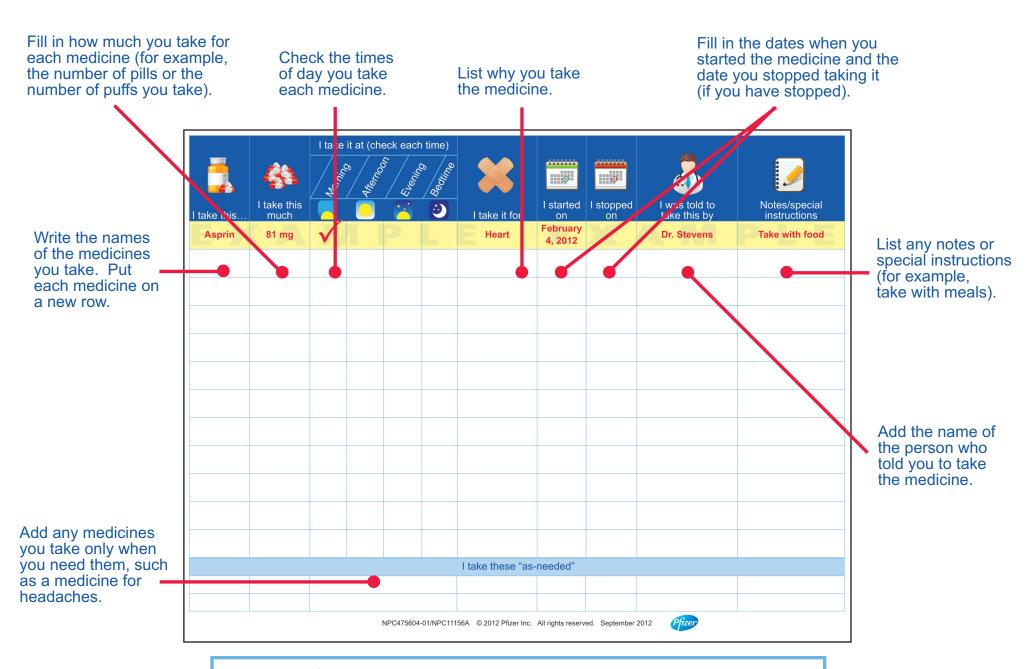
- Medicines from your doctor
- Medicines from the pharmacy or store that you can buy without a prescription
- Vitamins and herbal medicines

Write in the name of medicines that you had taken at one time, but don't anymore.



Write the name of the person who updated your form.

Add the reason why you stopped taking the medicine.



Update the form every time your medicines change. No matter why the change took place. Keep this list with you at all times. Ask for help if you need it.

Your doctor, nurse, pharmacist, or a family member can help.

How to use this form:

- Add details for every medicine you take
 - Pills
 - Inhalers
 - Shots
 - Medicines you can buy at the pharmacy or store without a prescription
 - Vitamins and herbals
- Write in pencil so that details can be erased and updated
- Bring the form with you to every medical visit
- Update the form after each medical visit
- Give a copy of the filled-out form to your doctor and anyone else who helps take care of you
- Give a copy to other family members







Name:
Phone:

Name:
Phone:

I am allergic to:			
This form was reviewed by:		This form was updated by:	
Name:	Date:	Name:	Date:
Name:	Date:	Name:	Date:
Name:	Date:	Name:	Date:

My Medicines

Knowing the medicines you take and how you take them is important for:

• You

Name:

lused

to take

these medicines, but I don't anymore

I was taking it for:

I stopped

taking

=

because

- Your family
- · Your doctors, and
- Others who help take care of you

The "My Medicines" form can help you keep all the information in one place.

- · Always keep a copy of the list with you
- This can help you take your medicines the right way
- If your doctor changes your medicine, update your list
- Ask for help if you need it. Your doctor, nurse or pharmacist can help





Name:

Relationship:



Phone:



Email:

