

MY MEDICINES

Including prescriptions, over-the-counter medicines, vitamins and supplements

NAME OF MEDICINE	HOW MUCH I TAKE	WHEN I TAKE IT	WHY I TAKE IT	START DATE
Example: Naproxen	1 tablet, 350 mg	twice a day	arthritis	12/1/2019

List all medicines here. | Keep this list up-to-date. | Share with your doctor/pharmacist.
Always take your medicine as directed. | Don't be afraid to ask questions.

QUESTIONS to ask your doctor/pharmacist:

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take with other medicines and vitamins?
6. Can I stop taking it if I feel better?
7. Does my insurance company need to approve this?
8. Is it available at my pharmacy? If not, where can I find it?
9. Can I get this medicine cheaper? Is there a coupon available?

Primary Doctor: _____

Phone #: _____

Specialty Doctor: _____

Specialty: _____ Phone #: _____

Pharmacy: _____ Phone #: _____



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