

PERSONAL MEDICATION LIST FOR	DOB:
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This medication list may help you keep track of your medications and how to use them the right way.

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers to update this list at every visit.

Keep this list up-to-date with:

- prescription medications
- over the counter drugs
- herbals
- vitamins
- minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

DATE PREPARED:

Allergies or side effects:

Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

PERSONAL MEDICATION LIST FOR	DOB:
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(Continued)

Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

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How I use it:	
Why I use it:	Prescriber:
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Medication:	
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Why I use it:	Prescriber:
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Date I started using it:	Date I stopped using it:
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(Continued)

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How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
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How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
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Medication:	
How I use it:	
Why I use it:	Prescriber:
Notes:	
Date I started using it:	Date I stopped using it:
Why I stopped using it:	

Other Information:

If you have any questions about your medication list, call your physician, pharmacist, or the Medication Management Center toll free at 1-866-218-6646, Monday through Friday, 7 a.m. to 5 p.m., Pacific Time. TTY/TDD users, please call 1-800-367-8939.

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Ceeqtf lpi "q"j g'Rcr gty qtniTgf vevkp'Cev'qh3; ; 7.'pq'r gtuppu'ctg'tgs vktgf "q"t'gur qpf "q"l'eqmgevklp'qh'kphqto cvkqp'vprguu'w'f kur re {u'c'xcikf "QO D" eqpvtqnpwo dgt'0Vj g'xcikf "QO D"pwo dgt'hqt'yj ku'kphqto cvkqp'ku'2; 5: /33760Vj g'vko g'tgs vktgf "q"l'eqo r ngv'yj ku'kphqto cvkqp'eqmgevklp'ku'gunko cvgf "q cxgtci g'62"b kpwgu'r gt'tgur qpug.'lpenf lpi 'y g'vko g'vq'tgxky 'kput vevkpu.'ugctej lpi "gzkukpi 'f cv'tguqwtegu.'i cvj gt'yj g'f cv'pggf gf.'cpf "eqo r ngv" t'gxky 'y g'kphqto cvkqp'eqmgevklp'0Rf'qwj cxg'cp' { 'eqo o gpu'eqpegtplpi 'y g'ceewtce { "qh'yj g'vko g'gunko cvg'u"qt'wvi i gunkpu'hqt'lo r tqxkpi 'y ku'hqto . ' r ngcu'g'y t'kg'vq'EO U.'Cwp'<RTC'T gr qt'u'Engtcepeg'Qit'kg..9722'Ugewtks' 'Dqwgxtcf . 'Dcnko qtg.'O ct { rpf."43466/3: 720""