

Medication List

Instructions and Helpful Tips

This medication list is a simple, powerful tool for keeping your care organized. A clear, accurate list helps medical teams, first responders, and your regular providers understand your needs quickly – especially during appointments or emergencies.

How to Use This Form

1. **Write clearly.** Use block letters if your handwriting is hard to read.
2. **List every medication you take.** Include prescription medications, over-the-counter medications, vitamins, and supplements.
3. **Use the full prescribed name, not just the ‘nickname’.** Many medications sound similar – the exact name helps avoid confusion.
4. **Fill in why you take the medication.** Some medications are prescribed for several different conditions. Writing your reasons helps providers understand your care more accurately.
5. **Add the prescriber’s name and start date.** This helps track who manages what and how long you’ve been taking it.
6. **Use the notes section for anything important.** Examples: side effects, dose changes, “only take it if...”, or “stopped on _____ date.”
7. **Complete the pharmacy section at the bottom.** If you use more than one pharmacy (community and specialty), list both.
8. **Keep it somewhere easy to grab.** Good places include inside a cabinet, in a medication organizer, in your car glove box, or printed for your wallet or handbag.
9. **Update it regularly.** Review every 3-6 months or whenever medications change. Use the “Today’s Date” line to remind yourself.