MEDICINES I TAKE

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My name:	Date Completed:								
Emergency contact:									
Write all <u>prescriptions</u>									
 Keep this list up-to-date and with you at all times Send and/or show the list to your doctors and pharmacists at each visit. 					CREDIBLEMEDS				
Ask them to check for	unnecessary duplications ake your medicines corre	or medicines that could			(LDID				
Check below the types	Name of medicine	How much do I take	When and how	Why do I	Date I	Date I			

This list will help you take your medicines correctly.												
heck below the types ou use. Write the names		Name of medicine or product	How much do I take at each dose?	When and how do I take it?	Why do I take it?	Date I started it	Date I stopped					
f medicines in the chart		Example: Naproxen	1 tablet, 250 mg	7AM and 7PM, with food	Arthritis	7/31/2009	N.A.					
	Allergy medicines											
	Antacids											
	Antibiotics											
	Blood pressure or heart medicines											
	Cold, flu or cough medicines											
	Herbs and dietary supplements											
	Hormones or contraceptives											
	Laxatives											
	Medicine patches or skin creams											
	Pain medicines	List all medicines you avoid due to allergies or side effects:										
Ш	Sleeping pills											
	Vitamins, minerals	Your Primary Doctor Phone Pharmacy Phone:										
Ш	Weight loss pills	Dietary Intake:		orice Liquid Protein Diet	8/ 8/							

QUESTIONS TO ASK THE DOCTOR OR PHARMACIST WHEN YOU GET A NEW PRESCRIPTION.

- What is the name of the medicine and how do you spell it?
- ✓ What is the medicine for?
- ✓ Is there a lower cost medicine that I can take?
- ✓ How much should I take each time?
- ✓ When and how should I take the medicine?
- ✓ What should I do if I forget to take the medicine?
- ✓ What should I do if I accidently take more than the prescribed dose?

- ✓ Are there side effects I should know about?
- When should I call the doctor about a side effect?
- Does this drug interact with any other medicines I take, including over-the-counter medicines, vitamins, supplements and herbals?
- Can I drink alcohol while I take this medicine?
- Where can I find written information about this medicine?

Medications can help restore us and even save lives when used responsibly. Personalizing our medication use can reduce harmful instances. CredibleMeds.org offers improved access to vital information about your medications and the importance of personalized health.



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