

My Medication List

Name

List all of your prescription and over-the-counter medicines, vitamins, herbs, dietary supplements, and homeopathic remedies, include the amount of alcohol you consume on a daily or weekly basis, and any recreational drugs you take. It's important to include all of this information in case of emergencies.

Include the dose or amount of medication that you usually take and how often or what time of day you take it, even if you take it only occasionally.

Carry this list with you and share it with your pharmacist, doctor or other caregiver.

	Medication	Dose	Frequency
Prescription			
Over-the-counter			
Vitamins			
Herbs, dietary supplements, homeopathic remedies			
Other (alcohol, drugs)			

Speak Up® is sponsored by the Joint Commission on Accreditation of Healthcare Organizations