

# Medicine Worksheet

## Keeping track of medicines, vitamins, and supplements

You can use this worksheet to:

- List your medicines, vitamins, and supplements and to remind you when to take them so you're less likely to forget or skip doses
- Identify any concerns about medicines you want to discuss with your health care provider
- Show your health care team the list of your medicines to make sure it's safe to take them together

## Questions for your health care provider

Examples of what you may want to ask about taking medicine:

- What should I know about or be aware of when taking this medicine?
- When do I need to take this medicine? For how long?
- Will this medicine interact with other medicines I am taking?
- What if I miss a dose?

Let your health care provider know:

- If you smoke, drink alcohol, or are on a diet of any kind
- If you have experienced allergic reactions to any medicines or have had any other types of allergies
- If you take or use:
  - Any medicines prescribed by another health care provider
  - “Over-the-counter” products, such as cough syrups or pain relievers, including any vitamins, supplements, or herbal remedies

Ask your health care provider any remaining questions you may have about side effects from medicine.

