

This form helps you and your family members or caregivers **remember** all the medications you are taking and why you are taking them.

It provides your doctors with a current list of everything you take. It is important to list over-the-counter medications, vitamins and herbals (such as ginkgo, saw palmetto, etc).

**KEEPING AN UP-TO-DATE LIST IS FOR SAFETY AND WILL HELP PREVENT ERRORS**

**INSTRUCTIONS:**

1. **ALWAYS KEEP THIS FORM WITH YOU.** Fold it and keep it in your purse or wallet where you can access it easily, either routinely or in case of an emergency.
2. List **ALL** allergies and what kind of reaction you had (use the back of the form if more space is needed.)
3. Provide the name of the pharmacy that you routinely use, including an address. Because there are so many Walgreens, Targets, etc., it is important to provide the cross street/ location if possible. For example, CVS at Lemont/83rd St., or Walgreens at 75th/Wehrli. Please include a phone number which helps us verify the correct pickup location.
4. List all the doctors who are currently caring for you, making note of why you see that doctor. For example, Dr. Smith (eye doctor); Dr. Jones (breathing problems)
5. List each medication, copying it from the package or bottle. Include the dose (i.e., 40 mg) and how you take it (i.e., twice a day, at bedtime, etc.)
6. **ALWAYS WRITE DOWN WHY YOU ARE TAKING THE MEDICATION.** Some medications are often prescribed or used for very different reasons.
7. Include the name of the doctor that prescribed each medication.
8. If you stop taking a medication, draw a line through it and note the date you stopped taking it.
9. Take this form to ALL doctor visits and the emergency room/hospital. In our clinics, please present it to the person escorting you to the exam room. They will verify that the information in your health care record is up-to-date and accurate.
10. **TELL** your doctor when you have been prescribed new medications by another physician.

**SAFETY IS OUR NUMBER ONE CONCERN; WE RELY ON YOU TO PROVIDE US WITH ACCURATE INFORMATION.**