MyMedications List

Date Last Updated: ____

MM/DD/YYYY

The **MyMedications List** is a way for you to keep track of all prescription medications, over-the-counter (OTC) medications, vitamins, supplements, herbal products, and traditional cultural medicines that you are currently taking.

How to use your MyMedications List:

- List every prescription medication, OTC medication, vitamin, supplement, herbal product, and traditional cultural medicine that you are currently taking.
- Also list things you have stopped taking because of allergic reactions or for other reasons (like side effects, cost, or if it did not work).
- Bring this list with you any time you go for health care, like to a community health aid, doctor, dentist, pharmacist, or a hospital.
- Update this list any time you make a change to what you take.
- Review this list with your health care provider (such as a doctor, pharmacist, nurse practitioner, or physician assistant) to identify medications that may increase your risk of a fall or affect your ability to drive safely.
- Work with your health care provider to complete the MyMedications Action Plan and adjust any medications as needed. The MyMedications Action Plan is available at <u>bit.ly/CDC-MedicinesRisk</u>.



Keeping an up-to-date list of your medications that you—or others—can easily access is important for health care visits and in case of an emergency.

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My Information								
Name:	DOB:	Phone:						
Current Address:								
Emergency Contact:	Ei	mergency Contact Phone: _						
Relationship:								
My Health Care Providers								
Primary Care Provider:		Phone: _						
Other Provider 1:		Provider 1 Phone:						
Specialty:								
Other Provider 2:		Provider 2 Phone: _						
Specialty:								
Pharmacist:		Phone:						
My Medical Conditions			on't Use Because Other Problems					
	Date Diagnosed	Name of Medication	Describe Reason					
Example: high blood pressure	09/01/2020	Example: penicillin	Rash, hives					
		Example: glyburide	Lightheaded, low blood sugar					

My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, Herbal Products, and Traditional Cultural Medicines

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes
Example: metformin	Diabetes	1000 mg twice a day	Dr. Jill Smith	Upsets my stomach, have to take with food
Example: oxymetazoline (Afrin)	Congestion	Two sprays in each nostril no more than twice a day	отс	<i>Do not use for more than three days in a row</i>

My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, Herbal Products, and Traditional Cultural Medicines

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes

For more information: www.cdc.gov/transportationsafety/older_adult_drivers/meds_fs/index.html

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