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, and herbal products that you are currently taking.

How to use your MyMedications List:

- List every prescription medication,
 OTC medication, vitamin, supplement,
 and herbal product 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 your 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 bit.ly/cdc-medicinesRisk.



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.





My Information				
Name: DOB:	Phone:			
Current Address:				
Emergency Contact:	Emergency 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:				
Pharmacy:	Phone:			

My Medical Conditions

Date Diagnosed
09/01/2020

Medications I Don't Use Because of Allergies or Other Problems

Name of Medication	Describe Reason
Example: penicillin	Rash, hives
Example: glyburide	Lightheaded, low blood sugar

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

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	Do not use for more than three days in a row

My Current Prescription Medications, Over-the-Counter (OTC) Medications, continued from previous page Vitamins, Supplements, and Herbal Products

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes

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For more information: bit.ly/Medicines-Risk