

Medication Checklist

Make sure your family doctor knows all the medications you are taking. Sometimes mixing medicines can cause severe side effects. Make sure your doctor has a copy of your list, and keep a copy with you. If you have to go to the emergency room, it could be a big help to the doctors.

PRESCRIPTION DRUGS

The doctor gives you a prescription, and you fill it at the pharmacy. You might take it every day or just while you are sick.

Name of Drug	Why You Take It	Dose: Amount You Take Each Time (for example, two 10-milligram tablets)	How Many Times Per Day You Take This Dose

NON-PRESCRIPTION MEDICATIONS

These are medicines and vitamins you can buy at a drug store or health food store without a prescription. One of your doctors may have recommended them, or you might have chosen them on your own.

Examples:

- Pain medications: ibuprofen (such as Advil), naproxen (such as Aleve), aspirin,
- Antacids and acid reflux medicines (such as Tums, Roloids, Pepcid)
- Allergy, cold and cough medicines
- Menopause medications
- Prostate medications
- Joint medications (such as glucosamine and chondroitin)
- Laxatives and/or anti-diarrhea medicines
- Niacin
- Vitamins (daily multivitamin, individual vitamins such as C, A, E, etc.)
- Calcium, selenium
- Echinacea

