

My Medication List

Use this chart to keep track of all your medications. Anytime your healthcare provider prescribes a medication, tells you to stop one, or changes a dosage, record the change here. Share this list with any new healthcare provider you visit. Keep a copy in your wallet or purse.

Generic Name	Brand Name (if any)	Strength (dose)	Quantity per Dose	How Often to Take	Purpose	Notes/Date

List all over-the-counter medications, vitamins, minerals, herbs, and supplements you take: