

My Medicine Chart

Use this chart to keep track of all your medicines (including those for other health problems). Make extra copies before you use it for the first time. Be sure to keep this chart up-to-date. Add any new medicine or changes to your dosage as they're made. Share this list with any new healthcare provider you visit.

Name of Medicine	Reason for Taking It	Dose	How Often to Take	When to Take It
Example <i>Long-acting bronchodilator</i>	<i>Maintenance</i>	<i>2 puffs</i>	<i>2 times a day</i>	<i>Morning and bedtime</i>
Example <i>Short-acting bronchodilator</i>	<i>Quick relief</i>	<i>2 puffs</i>	<i>As needed</i>	<i>When I'm short of breath</i>