

MY MEDICATION WORKSHEET

Bring:

Fill in the information below and take this sheet with you to every healthcare appointment

All medications you take

Bring all your medications in a bag to your healthcare appointment if that helps

Herbals like Echinacea or Saw Palmetto

Vitamins and any supplements too (ie energy or protein drinks)

The name and contact info of other healthcare providers you may be seeing

Ask:

1. What is this medication for?
2. Do I have to take it?
3. How do I take the medication? Every day? Twice a day? With Food? As needed?
4. What are the side effects?
5. What side effects do I need to report?
6. How do I know it is working?

Report:

1. Any symptoms you have due to medication like headaches or dizziness.
2. When you have changed, added, or stopped any medication
3. If you have lost your medications or they have been stolen
4. Any concern about your medications
5. If you have recently seen any other healthcare providers

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Too often, we go to the Doctors with questions and once we are there forget what we would like to discuss. Have you ever stopped and wondered, "What are all these pills for?" "What happens if you stop a pill or maybe add one extra?" In fact, getting answers to these questions could save your life.

Problems with medications can happen when you and your Doctors don't communicate well. The mission of this sheet is to help you communicate and ask questions of your healthcare team about your medications.

Your role in the team is the most important one. No one knows you like you do! Use the checklist to the left to help you remember the important information for your next doctor visit.

Back Home:

When you return home use this checklist to ensure you are prepared for your daily life.

Have you updated your medication list after each healthcare appointment or stay in the hospital?

Do you have a copy on your fridge door just in case you cannot speak for yourself?

Remember:

- You are the center of your healthcare team
- Communicate with your healthcare team about your medications
- Your healthcare plan is a shared decision between you and your healthcare team.
- Keep updated on any new information about your medications
- It all starts with you