

TIPS FOR TRACKING YOUR MEDICATIONS



MEDICATION RECONCILIATION

Health care professionals call it 'medication reconciliation.' Medication reconciliation is the process of comparing patient's current medications to any new medications that a doctor may order during treatment.

THE LIST SHOULD INCLUDE:

- The name of the medication, the dose, and the number of times a day you have to take it.
- Information about how to take the medication (with or without food, as a pill, as a shot).
- Information about any allergies.
- Any vitamins, over-the-counter medicines, and herbal supplements.

OTHER TIPS:

- Keep the list handy in case of an emergency (purse, wallet, car, and work).
- Update the list as needed.
- Create a list for your children, spouse/ partner, and any elderly relatives.



Keeping an accurate medication list isn't just in case of emergencies.

Patients should bring all of the medications on their list in the original bottles in a plastic bag, whenever they visit a physician. This is especially important when visiting a new physician.

MEDICATION TRACKING

PATIENT NAME:

DATE:

Name of Medication <i>(Include vitamins, over-the-counter medicines, and herbal supplements.)</i>	Dose	Number of times per day the medication is taken	Information about how to take the medication (with or without food, as a pill, as a shot).
List all known allergies:			