Use this list to keep track of all your prescriptions, over-the-counter medicines and dietary supplements.

Keep your list up-to-date.

Always carry your list with you.

Show this list to your doctors and pharmacists at each visit and ask them to check for accuracy, unnecessary duplications or medicines that could interact to cause harm.

For more lists, visit www.azcert.org

Developed by Arizona CERT, supported by a grant from the US HHS Agency for Healthcare Research and Quality.
**MY MEDICINES**

Enter all prescriptions, over-the-counter medicines and dietary supplements, including:

- Allergy medicines
- Antacids
- Antibiotics
- Blood pressure/heart medicine
- Cold or cough medicines
- Hormones or contraceptives
- Laxatives
- Medicine patches
- Meds for chronic conditions
- Pain medicines
- Sleeping pills
- Weight loss pills
- Vitamins
- Herbals

<table>
<thead>
<tr>
<th>Medicine or Product Name</th>
<th>Color and Shape</th>
<th>How much do I take?</th>
<th>When and how do I take it?</th>
<th>Why do I take it?</th>
<th>Date I started it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Naproxen</td>
<td>White, round</td>
<td>1 tablet, 250 mg</td>
<td>2 times/day, with food</td>
<td>Arthritis</td>
<td>7/1/2008</td>
</tr>
</tbody>
</table>