

Visual Aid #3 – Personal Medication List Mockup

Dr. Jane Doe
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PERSONAL MEDICATION LIST FOR Mr. John Smith, DOB: 07/04/1940

This medication list was made for you after we talked. We also used information from *Medicare Part D claims data*.

- Use blank rows to add new medications. Then fill in the dates you started using them.
- Cross out medications when you no longer use them. Then write the date and why you stopped using them.
- Ask your doctors, pharmacists, and other healthcare providers in your care team to update this list at every visit.

Keep this list up-to-date with:

- prescription medications
- over the counter drugs
- herbals
- vitamins
- minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

DATE PREPARED: 01/14/2013

Allergies or side effects: Penicillin - hives and difficulty swallowing

Medication: Simvastatin 20 mg tablet

How I use it: Take one tablet (20 mg) by mouth every night

Why I use it: High Cholesterol

Prescriber: Dr. Joe Anne

Goals:

- LDL (Low Density Lipoproteins) < 100 mg/dL
- HDL (High Density Lipoproteins) > 40 mg/dL

Date I started using it: January 2009

Date I stopped using it:

Why I stopped using it:

Medication: Glipizide XL (Glucotrol XL) 5 mg tablet

How I use it: Take one tablet (5mg) by mouth once daily

Why I use it: Type 2 Diabetes

Prescriber: Dr. Joe Anne

Date I started using it: June 2010

Date I stopped using it:

Why I stopped using it:

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PERSONAL MEDICATION LIST FOR Mr. John Smith, DOB: 07/04/1940

(Continued)

Medication: Albuterol Sulfate Inhalation Solution (Ventolin HFA)

How I use it: Use 2 puffs every 6 hours as needed for shortness of breath

Why I use it: Breathing

Prescriber: Dr. Joe Anne

Reminder:

- Refer to leaflet on proper technique.
- Keep with you at all times – “rescue inhaler.”

Date I started using it: Early 2011

Date I stopped using it:

Why I stopped using it:

Medication:

How I use it:

Why I use it:

Prescriber:

Notes:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Medication:

How I use it:

Why I use it:

Prescriber:

Notes:

Date I started using it:

Date I stopped using it:

Why I stopped using it:

Other Information:

If you have any questions about your medication list, call Dr. *Jane Doe* at 1-800-222-3333 between the hours of 9am and 5pm, Monday through Friday.

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