

# MyMedications List

Date Last Updated:

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The **MyMedications List** is a way for you to keep track of all prescription medications, over-the-counter (OTC) medications, vitamins, supplements, and herbal products that you are currently taking.

## How to use your MyMedications List:

- List **every** prescription medication, OTC medication, vitamin, supplement, and herbal product that you are currently taking.
- Update this list any time you make a change to what you take.
- Also list things you have stopped taking because of allergic reactions or for other reasons (like side effects, cost, or if it did not work).
- Bring this list with you whenever you go for health care, like to your doctor, dentist, pharmacist, or a hospital.
- Review this list with your healthcare provider (such as a doctor, pharmacist, nurse practitioner, or physician assistant) to identify medications that may increase your risk of a fall or affect your ability to drive safely.
- Work with your healthcare provider to complete the MyMedications Action Plan and adjust any medications as needed. The MyMedications Action Plan is available at [bit.ly/CDC-MedicinesRisk](https://bit.ly/CDC-MedicinesRisk).



## My Information

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_

Current Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

## My Healthcare Providers

Primary Care Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Other Provider 1: \_\_\_\_\_ Provider 1 Phone: \_\_\_\_\_

Specialty: \_\_\_\_\_

Other Provider 2: \_\_\_\_\_ Provider 2 Phone: \_\_\_\_\_

Specialty: \_\_\_\_\_

Pharmacist: \_\_\_\_\_ Phone: \_\_\_\_\_

## My Medical Conditions

[illegible]

## Allergies or Other Problems with Medications

[illegible]

## My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, and Herbal Products

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes
<i>Example: metformin</i>	<i>Diabetes</i>	<i>1000 mg twice a day</i>	<i>Dr. Jill Smith</i>	<i>Take with food</i>
<i>Example: oxymetazoline (Afrin)</i>	<i>Congestion</i>	<i>Two sprays in each nostril no more than twice a day</i>	<i>OTC</i>	<i>Do not use for more than three days in a row</i>

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### My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, and Herbal Products

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes

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For more information: [bit.ly/CDC-MedicinesRisk](https://bit.ly/CDC-MedicinesRisk)

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