

Name: _____

Date of Birth: _____

Medication and Food Allergies: _____

Medication Record

NAME OF MEDICATION	DOSE	FREQUENCY	SPECIAL INSTRUCTIONS	DATE STARTED	DATE STOPPED	PRESCRIBED BY
EXAMPLE: Lovastatin (Mevacor)	20 MG	at bedtime	avoid grapefruit	10/04	3/05	Dan Smith, MD

Help avoid medication problems by using this chart to keep an updated list of your medications. Remember to take your list to your doctor, pharmacist or hospital visit and keep an updated record of all prescriptions, vitamins, herbals, dietary supplements and over-the-counter medications that you are taking. Print blank forms at hendricks.org.

Medication Record

Medication interactions can cause serious health problems. You can avoid medication issues by being a partner with your health care team. Your health care team includes:

- Doctors, physician assistants, nurse practitioners or other medical professionals who prescribe your medicine for you or are in charge of your care
- Nurses who help with your care at home, a doctor's office or a hospital
- Pharmacists who fill your prescription and are available to answer questions about your medicines

It is helpful to your healthcare team if you keep a record of all the medicines, vitamins, herbals and dietary supplements you are taking including:

- Prescription medicines
- Over-the-counter medicines that you can buy without a prescription (aspirin, antacids, laxatives, cough medicine)
- Vitamins and dietary supplements including herbal products

To help you keep a medication record, Hendricks Regional Health has created this form as a simple way to keep a current list. To print blank forms, go online to hendricks.org or call (317) 745-3553.

After you create your medication record, be sure it is always correct. Update the form when new medications are started, a dosage is changed or a medicine is stopped. Once you stop taking a medication, keep it on your record for one year after the stop date. Keep your list in a convenient place and take it with you to every healthcare provider visit. Give a copy of your medication list to a friend or loved one so they can be informed if an emergency situation should arise.

Also be sure to tell your healthcare provider:

- If you have medicine allergies or if you have had problems when taking a medicine before.
- If other doctors or health care professionals have prescribed medicine for you or suggested you take a vitamin or herbal supplement
- If you are pregnant, may get pregnant or are nursing a baby
- If you have any other illness or medical condition, like diabetes or high blood pressure

Be an active part of your healthcare team by keeping an accurate list of your medications and sharing it with your healthcare provider.



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