

What we don't know about your medicines can harm you.

What is a medicine list?

It is a record of all prescriptions, over the counter medicines, herbals, supplements, minerals, ointments and vitamins that you use.



	What I'm taking	Form (pill, injection, liquid, patch, etc.)	Dosage	How Much and When	Use (regularly or occasionally)	Start/Stop Dates (1/5/05 - 3/5/05) (1/5/05 - ongoing)	Notes, Directions, Reasons for Use
* Be sure to include ALL prescription drugs over-the-counter drugs, vitamins, and herbal supplements.							
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Use these simple safety checks:

- ✓ Always keep a medicine list in your purse or wallet
- ✓ Share it at each visit
- ✓ Bring your bottles with you when you come to your visit to review with your doctor
- ✓ Make sure your medicine is what the doctor ordered
- ✓ Take your medicine as prescribed by your doctor
- ✓ Ask questions about your medicines and their side effects
- ✓ If you don't have a list, ask for one!



Caring about your medication safety at St. Luke Community Healthcare