Personal medicine list

Always keep this form with you. Update your list after every doctor and hospital visit.

- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

For helpful tips and resources, visit **ScriptYourFuture.org** today.

SCRIPT YOUR FUTURE

QUESTIONS to ask my doctor/pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine or vitamins?
6. Can I stop taking it if I feel better?

Alaska **Medication Education**
meded.alaska.gov

STATE of ALASKA
Department of Health and Social Services

I WILL TAKE MY MEDS.

SIGN HERE

Front side

MY MEDICINES

including prescriptions, over-the-counter medicines, vitamins and supplements

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MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
Example: *Naproxen*	*Arthritis*	*6/1/11*	*7/1/11*	*1 tablet, 250 mg*	*twice a day*

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