






My Medication Log – Keep it Handy

- List all prescriptions, over-the-counter drugs, vitamins and herbs.
- Bring this to every doctor's appointment and if you go to the emergency room or hospital. Date: _____

Name and Dose of Your Medicine	This Medicine is for my _____	How Much and How Often?				Reminder: When do I take it? 
		Morning 	Noon 	Evening 	Bedtime 	
<i>Example:</i> Simvastatin 40 mg	<i>Example:</i> High cholesterol	<i>Example:</i> 1 pill				<i>Example:</i> After I brush my teeth

If you have any problems with your medicine – do not wait. Talk to your health care provider right away.

Patient's Name: _____
 Name of Primary Care Provider: _____
 Primary Care Provider Phone Number: _____