## Questions to ask the doctor or pharmacist

- ▼ What is the name of the medicine and how do you spell it?
- ▼ What is the medicine for?
- How much medicine should I take?
- ► Is there a lower cost medicine that I can take?
- ▼ When and how should I take the medicine?
- What should I do if I forget to take the medicine?
- prescribed dose? ► What should I do if I accidently take more than the
- Are there side effects I should know about?
- When should I call the doctor about a side effect?
- Does this drug interact with any other medicines I am taking?
- and herbal with this medicine? What about alcohol? Can I take over-the-counter medicines, vitamins, supplements,
- Do you have written instructions for me?



## www.azcert.org For more lists, visit

Research and Quality US HHS Agency for Healthcare supported by a grant from the Developed by Arizona CERT,





Phone:

Phone:

Birthdate:

- Use this list to keep track of all your prescriptions, over-the-counter medicines and dietary supplements.
- Keep your list up-to-date.
- Always carry your list with you.

Medicines or foods to avoid due to allergies or side effects:

(relative or friend)

confact: Fmergency

Doctor:

Name:

ьрактасу phone:

Show this list to your doctors and pharmacists at each visit and ask them to check for accuracy, unnecessary duplications or medicines that could interact to cause harm.

## MY MEDICINES Enter all prescriptions, over-the-counter medicines and dietary supplements, including:

- Allergy medicines
- Antacids
- Antibiotics

▶ Blood pressure/ heart medicine Cold or cough

medicines

- ► Hormones or contraceptives
- Laxatives
- Medicine patches

- Meds for chronic conditions
- Pain medicines
- Sleeping pills

- Weight loss pills
- Vitamins ► Herbals

Thedicines					
Medicine or Product Name	Color and Shape	How much do I take?	When and how do I take it?	Why do I take it?	Date I started it
Example: Naproxen	White, round	1 tablet, 250 mg	2 times/day, with food	Arthritis	7/1/2008