

Medication List and Medication Check

If you do not have a list of your medication, create one yourself or ask your primary care provider for your current list. At the end of this document, you can find a printable template.

- ☐ Creating a medication list
 - ☐ Add prescription medications
 - ☐ Add over-the-counter medications
 - ☐ Add plant-based medications
 - ☐ Add dietary supplements
 - ☐ Add vitamins
 - ☐ Add sprays and drops
 - ☐ Add creams, ointments, and gels
 - ☐ Add injections
- ☐ Note the dosage
- ☐ Note the amount per time of day (number of pills/drops/shots/sprays etc.)
- ☐ Note the method of application (e.g. swallow, inhale, inject, drop)
- ☐ Note the reason for use (e.g. high blood pressure)
 - ☐ Mark any medication you take to tolerate another (e.g. stomach protector for pain killers)
 - ☐ Mark any medication you are unsure why you are taking it
- ☐ Note who prescribed the medication and when (e.g. cardiologist, primary care provider)
- ☐ Note and mark any side effects that may be caused by the medication
- ☐ Mark any medication you have questions about

If there are any marked medications on your list, take your list to your next appointment with your primary care provider. Inform them, that you would like to discuss your medications.

Either time will be found during the same consultation or you will be given a separate appointment. Explain why you have marked certain medications and discuss whether there are medications that could be stopped and how this should be done (e.g. stopping immediately, gradual dose reduction, etc.)

If there are no specifically marked medications on your list, continue taking your medication reliably as prescribed. Review your list at least once a year or whenever you receive a new

diagnosis or start a new medication. It is recommended to regularly discuss your medication with your primary care provider, especially when new medication is added or marked.

Name: _____ Date: _____

Medication list

[illegible]

[illegible]