








Always tell your doctor:

-  The reason for your visit.
-  What medicines you are taking (see below).
-  Important facts about your health.
-  If costs are a problem and what your insurance covers.

Get the information you need:

-  Ask questions.
-  Take notes.
-  Bring someone with you.

Make sure you understand:

- ☒ Instructions (such as how to take medications or clean a wound).
- ☒ What you need to do next (such as get an X-ray).

Tell your doctor and pharmacist what medications you are taking, including all prescription and over-the-counter medicines, herbs, and supplements. Bring your medicines with you or use Say Ah!'s form on the next page. If you make your own list, be sure to include:

- What you are taking (aspirin)
- How much and dosage (1 pill, 325 mg)
- How often (once a day)
- When and how (8 a.m. with food)
- Why (headache)

Your doctor and pharmacist need to know what medications you are taking. Use this form and take it with you to show them. Make sure you include all prescription and over-the-counter medicines, herbs, and supplements.

Patient's Name _____

Today's Date _____

What I'm taking	How much?	Dosage	How often	When and how	Why
Aspirin	1 pill	325 mg	once a day	8 a.m. with food	headache