

## How-to Make a Medication List

A medication list can help you manage your health and get good care. It can help you take your medications correctly, keep your health care team up-to-date, and avoid allergic reactions or harmful interactions between medications. Always keep this list with you, **it can save your life.**

The more complete your medication list is, the better it is. List everything you take, inhale, inject, apply, etc. This includes prescriptions, over-the-counter medications, infusions, vitamins, supplements, herbs, and remedies.

### Include:

- What you are taking (ex: aspirin)
- How much and dosage (ex: 1 pill, 81mg)
- How often (ex: once a day, as needed)
- When and how (ex: 8am with food)
- Why (ex: headache)
- The name and contact information of the doctor who prescribed it
- Side effects (ex: rash at site of injection, nausea)
- Allergies to medication or equipment (ex: penicillin, latex)

### Ways to Make a Medication List

The best way to make a medication list is what works best for you. You can write it on a piece of paper, take photos of your medication labels, use an app on your phone, or make a spreadsheet. Keep it up-to-date.

Always contact your doctor or pharmacist if you have any questions or concerns.

