



My Medications (and More)

Name: _____ Date of Birth: _____



My Diagnoses or Health Conditions



My Allergies

What I am allergic to:

What happens if I come in contact:



My Support or Assistance Needed

I need someone to give me my medication and watch me take it.

I access my medication at a scheduled time and take it independently.

Other _____

How I manage my allergy:



My Doctors Who Prescribe My Medications

Name: _____

Speciality: _____

Phone: _____

What I am allergic to:

What happens if I come in contact:

Name: _____

Speciality: _____

Phone: _____

How I manage my allergy:

Name: _____

Speciality: _____

Phone: _____



My Medication List

Develop a list of your medications that includes important information about your medications and how they affect you. Ask your family, health care providers, or other trusted adults to help you locate information that may not be familiar.

Medication Name No longer take this medication		Date Started: Date Ended:
Dose and Schedule (How much and when)		
What is the medication for? (Why the doctor prescribed the medication).		
Special instructions about this medication.		
Side effects that I notice when I take the medication.		
What I do to help manage unwanted side effects.		

Medication Name No longer take this medication		Date Started: Date Ended:
Dose and Schedule (How much and when)		
What is the medication for? (Why the doctor prescribed the medication).		
Special instructions about this medication.		
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Additional Information. Use this section to add any additional information about your health or medications that is important to share with your support team.



Tips for Managing Your Medication

Medication effectiveness is dependent on many factors, including how you manage your medications once they leave the pharmacy. Without realizing it, you could be preventing your medications from working their best for you. Review these tips and avoid making these mistakes.

1. Storage. Medications should be stored in dry, dark, cooler locations. Even if packed in dark packages to protect them, bright lights may still weaken the effectiveness. Don't leave medications in a car where temperatures can become very hot or very cold.

2. Dose. Make sure to take the correct amount of medication. When doses change, you may need to take more or less pills. Read the label carefully to identify the dose and the amount of the medication that is needed.

3. Time. Timing is important! Some medications must be taken before a meal. Some doses need to be 4, 6, or 8 hours apart. Medications taken once a day should be taken at the same time each day.

4. Combining with Food or Supplements. Some medications must not be taken with food. Some medications work best when there is food in your stomach. And some may not work well if taken with the wrong food. There are some medications that cannot be mixed with certain types of foods or vitamins because serious health issues can develop. Read the information from the pharmacy or ask the pharmacist about combining food and supplements with your medications.

5. Splitting or Crushing Medications. Sometimes it seems easier to take a large pill by crushing or splitting it, however this can cause a big problem! Some pills have a coating to assist the body to absorb it. Or some have a covering, so the medicine is released slowly in the body. In addition, when crushing or splitting, you can lose some of the medication. Never crush or split a pill until checking if it is safe to do.

6. Expiration Date. Medications don't last forever. If they are past their expiration date, they can lose the desired effect. Keep an eye on the expiration date and don't use it if it is past the date.

7. Accurate List of Medications. Sometimes it is difficult to remember all your medications without a list. Be proactive and create a document with medication names, reason of taking, dose, schedule, and when started. Include supplements or vitamins. Update the list regularly.