

HOW TO MAKE YOUR MEDS LIST

To manage your medicines safely, it helps to make a list—and keep it up-to-date.

Include:

- ☒ PRESCRIPTION MEDICATIONS.
- ☒ OVER-THE-COUNTER MEDICINES.
- ☒ VITAMINS.
- ☒ SUPPLEMENTS.
- ☒ CREAMS AND OINTMENTS.
- ☒ EYE DROPS.

For each item, note:

- ☒ THE NAME OF THE MEDICINE OR SUPPLEMENT.
- ☒ WHY YOU TAKE IT.
- ☒ HOW OFTEN YOU TAKE IT.
- ☒ HOW MUCH YOU TAKE (THE DOSE).
- ☒ ANY QUESTIONS OR CONCERNS YOU HAVE.



About Your Medicines

S Ashworth



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