

## Handout 4: Personal medicine list (Examples and instructions, next 4 pages)

Always keep this form with you. Update your list after every doctor and hospital visit.

- List medicines here.
- Keep it up to date.
- Carry it with you.
- Share with your doctor/pharmacist.
- Always take your medicine as directed.

For helpful tips and resources, visit [ScriptYourFuture.org](http://ScriptYourFuture.org) today.



**Alaska Medication Education**  
meded.alaska.gov



**I WILL**

SIGN HERE

**TAKE MY MEDS.**

Front side

### MY MEDICINES

including prescriptions, over-the-counter medicines, vitamins and supplements

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MEDICINE	WHY I TAKE IT	START DATE	REFILL DATE	HOW MUCH DO I TAKE?	WHEN DO I TAKE IT?
Example: Naproxen	Arthritis	6/1/11	7/1/11	1 tablet, 250mg	twice a day

Back side