

# My Medication List

Carrying a list of all your current medications is important. Share it with your care providers and others who support you when making decisions around your medications. For example, when you come into hospital or a new clinic visit.



My name: \_\_\_\_\_

My medication allergies:

## My current medication information:

This list should include any prescription medications, non-prescription medications, over-the-counter medications, herbals, vitamins and minerals.

Medication Name: <b>Ex. Ibuprofen</b> How do you take this medication and how often? Why? <b>Ex. One 400 mg pill every morning for my headaches.</b>
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Extra space for additional information:



Do you have a shorter list of medications?  
Look at the wallet-sized **My Medication List**  
on the Interior Health website!