

In the space below, list all medicines you take, including all prescription and OTC medicines, dietary supplements, vitamins and herbals, remembering to cross off medicines you are no longer using. Throw away any expired medicines.

Name of medicine	What it is for	Doctor who prescribed	How and when to take	How much to take	Color/shape	Side effects/ warnings
Doctors' names and phone numbers			Pharmacists' names and phone numbers			
			Emergency Contact Information:			
			Name Relationship:			:
			Phone number:		·	