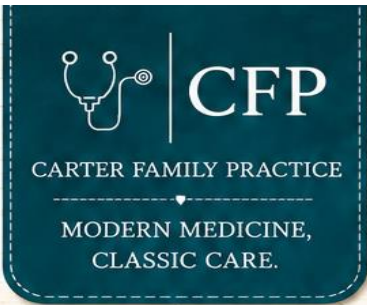




My Medication List



YOUR HEALTH. YOUR PLAN.

Keeping an accurate list of your medications helps keep you safe.



Last Updated: _____



My Pharmacy: _____



Medication Allergies: _____

MY MEDICATIONS

Medication	Strength	Directions (How I take it)	What is it for?	Notes
1 _____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____
4 _____	_____	_____	_____	_____
5 _____	_____	_____	_____	_____
6 _____	_____	_____	_____	_____



VITAMINS, SUPPLEMENTS & OVER-THE-COUNTER MEDICINES



MEDICATION TIPS

- ✓ Keep this list up to date.
- ✓ Include vitamins and supplements.
- ✓ Update it whenever a medication changes.
- ✓ Take a picture of your completed page with your phone so you have it with you for any specialist appointments.
- ✓ Put a copy on your fridge for easy access at home.



QUESTIONS ABOUT YOUR MEDICATIONS?

Karen is here to help.



If you have questions about your medications, side effects, or changes to your treatment plan, please reach out.



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Thank you for taking an active role in your health.



Modern Medicine, Classic Care.