

MEDICATIONS

- List all of the medication currently used, including prescription medications, over-the-counter medications, herbal and natural medications. Medications come in many forms, including tablets, capsules, liquids, inhalers, drops, patches, creams, ointments, suppositories and injections.
- Keep the list up to date by crossing out any medications you are no longer using and adding new medications as you start using them.
- Take it with you each time you visit the doctor, pharmacist, specialist or health professional, or if you go into hospital.
- Keep it with you at all times in case of emergency.
- If you have questions, ask your pharmacist, doctor or nurse.

PERSONAL MEDICATION RECORD CARD

Doctor's name and practice:	Allergies or previous problems with medicines:
Doctor's address:	
Doctor's phone number:	Emergency contact details:
Pharmacy name:	
Pharmacy address:	Notes and comments:
Pharmacy phone number:	

Name:		Date to have all medications reviewed:					
Name of medicine	Strength (i.e. mg, ml, units, %)	How much do you use and when?			What is the medicine for? Be sure to note if medication is to be taken/used only as needed.	Date started	When to stop or review
		AM	Noon	PM	Bed time		
e.g. Paracetamol (Panadol) tablets	500mg	2	2	2		19.11.06	June 2017

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		AM	Noon	PM	Bed time			