

Medication List

Everything you take, in one place. Bring it to every visit, hospital stay, and pharmacy.

NAME	DATE OF BIRTH	LAST UPDATED
MAIN PHARMACY / PHONE	PRIMARY CARE PROVIDER / PHONE	

1 Allergies and reactions

☐ No known drug allergies (checked with my care team)

Medicine, food, or material	What happened	Allergy or side effect?	How serious

TRU-TIP • Allergy and side effect are not the same

An upset stomach from a pill is usually a side effect. Hives, swelling, or trouble breathing is an allergy. When everything gets listed as an “allergy,” it can block the best antibiotic or pain medicine when you need it most. Write down what actually happened.

2 Prescription medicines

[illegible]

*High-risk medicines need an extra check at every hospital visit or handoff: blood thinners, insulin, chemotherapy, opioids, and medicines that lower the immune system. Write “Y” and tell every new provider.

NAME

3 Over-the-counter, vitamins, supplements, and “not pills”

Product and strength	How much and how often	Why I take it

TRU-TIP • Count everything, not just pills

Eye drops, inhalers, patches, creams, injections, and shots or infusions given at a clinic are all medicines. So are vitamins and herbal products, and some of them interact with prescriptions. If it goes in or on your body on purpose, put it on the list.¹

4 Medicines I stopped, and why

Medicine	Why it was stopped (side effect, did not work, cost...)	When

5 Keep it safe and affordable

- ☐ Once a year, I bring every bottle to a pharmacist or doctor for a full review (a “brown bag” check).
- ☐ I use one pharmacy when I can, so it can catch interactions between prescribers.
- ☐ I dispose of old or unused medicines at a take-back site.³
- ☐ If I have Medicare drug coverage, I asked my plan whether I qualify for a free Medication Therapy Management review.²
- ☐ I give an updated copy to my emergency contact and keep one with my Emergency Medical Summary.
- ☐ I know the Poison Help number for a medicine mistake: 1-800-222-1222.⁴

TRU-TIP • Never skip doses because of cost. Say it out loud

Tell your prescriber or pharmacist if a medicine is too expensive. Ask about a generic, a 90-day supply, or a lower-cost option on your plan's drug list. If you have Medicare, ask about Extra Help, which lowers drug costs for people with limited income, and the yearly out-of-pocket cap on Part D drugs.^{2,5} Many drug makers also run patient assistance programs. Skipping doses quietly is how small problems become hospital stays.

Want to go further? The SynquUp™ Emergency Life Binder keeps your medicines, records, and care team together in one system. Free tools: chuckkinney.com/free