

## YOUR MEDICATIONS MATTER

Remember to always keep an up-to-date medication list and bring it with you to every medical appointment.

You can ask your community pharmacist to help you create a list of your current medications.

## What is considered a medication?

- Prescriptions
- Over-the-counter (OTC) medications:
  - Allergy medicines, cough and cold preparations, vitamins and minerals
- Natural health products:
  - Herbals, homeopathic medicines



## Medications come in a variety of forms:

- Tablets
- Capsules
- Liquids
- Ear/eye drops
- Inhalers/puffers
- Nasal sprays
- Patches
- Injections
- Creams/ointments
- Suppositories

## Why carry a medication list with me?

Keeping an up-to-date list of medications with you provides important information for your healthcare team.

What medication am I taking (Include medication name and dose)	How am I taking this medication	When am I taking this medication				Why am I taking this medication	Who prescribed this medication	
(medde medeador name and dose)		Breakfast	Lunch	Dinner	Bedtime			
Atorvastatín 20 mg	1 tablet daily				Х	Hígh Cholesterol	Dr. John Smíth	



Milergies (Reaction):	Name:				Family Doctor:								
See the following example to help you create your list of medications:  - Your medication list should include prescription and over-the-counter, non-prescription medications (e.g. Tylenol) as well as vitamins, minerals, supplements and natural remedies.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - What medication am Itaking this medication bits medication bits medication and natural remedies.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injections, liquids, nasal sprays, patches, samples or suppositories.  - Don't forget about ear/eye drops, creams/ointments, inhalers, injecti	Emer												
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