



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



How am I taking this medication?

What medication am I taking?

Who prescribed this medication?

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 <small>(include medication name and dose)</small>	How am I taking this medication	When am I taking this medication				Why am I taking this medication	Who prescribed this medication
		Breakfast	Lunch	Dinner	Bedtime		
<i>Atorvastatin 20 mg</i>	<i>1 tablet daily</i>				X	<i>High Cholesterol</i>	<i>Dr. John Smith</i>



