

BMDA Medicines

Know What You Take

At every clinic visit, your care team will ask you about what current medicines you take. This allows the care team to:

- Treat any side effects and learn if a medicine is causing or helping your side effects
- Make sure you are not taking more than one medicine for the same thing
- Check that you are not at risk of a harmful interaction between 2 or more of your medicines

It is important for you to keep track of everything you take. This includes prescribed medicines, over-the-counter medicines, vitamins, minerals, herbs and supplements. Keeping this information up to date helps your care team provide the best care for you. Always tell your care team whenever you stop taking something or start something new.

Keep a List of Your Medicines

Write down a list of everything you take and answer these questions for each one. Bring the list and answers with you to your clinic visit.

- What is the name? (Example: Tylenol®, acetaminophen)
- How much do you take? (Example: 1 pill/400 mg, 3 drops/0.05ml)
- How often do you take it? (Example: 3 times a day, every 6 hours)
- When do you take it? (Example: morning, afternoon, at 9 p.m.)
- What does it look like? (Example: round, white and red, clear liquid)
- How do you take it? (Example: by mouth, with food, with a needle)
- When did you start taking this? (Date)
- When will/did you stop taking this? (Date)
- Why do you take it? (Example: for my arthritis, for my heart, to lower cholesterol)
- Who told you to take it? (Example: my family doctor, my arthritis doctor)

Other Helpful Information

- List any problems you have with medicines.
- List any allergies you have to medicines.
- If you want to ask about a medicine, bring it with you in the original, labeled bottle.
- Use a medicine tracking chart to help you keep track of your medicines. There are many free ones available to print from the web.
- Be sure to get a copy of your medicine list from your care team.

During your clinic visit, your care team will update and print a copy of your medicine list. **Review the list and make sure it is correct.** You will receive a copy to take with you. **Take this list with you** whenever you go to see a doctor, talk to your pharmacist, have a test, or go to the hospital or emergency room. Call your doctor or pharmacist if you have any questions about your medicines.