

Making a *Medicine List* Makes You “Medicine Smart™”

Do you write down a list of the things you want to do each day? In today’s busy world it’s a good idea to keep a **list**.

If you are taking a medicine - - and especially if you are taking two, three, or more medicines – either prescription or over-the-counter (OTC) -- it’s important to keep track of what you are taking by keeping a current list of all of the medicines you are taking, including the doses and how you take each medicine. Be sure to include vitamins, dietary supplements or herbal remedies.

Make a copy of your **medicine list** and keep it with you in your wallet or purse. By sharing your up-to-date medicine list with your healthcare providers at every visit, you help make sure that you don’t take a prescription or over-the counter (OTC) medicine that should not be taken with the other medicines on your list. It’s also a good idea to provide a copy to the pharmacies you use.

Don’t forget to make a copy of your **medicine list** for a family member or other loved one. That way, if a medical emergency does happen to you, your medicine list can be provided to the emergency room or hospital.

Many organizations now offer a **medicine list** (also called a **medication record**). See below for links to several websites that offer different options to help you create your own **medicine list**. Depending on which version you select, you can either print it out or keep it on-line and in your computer. *Remember to keep your medicine list up-to-date.*

- **Personal Medication Record – Arizona Center for Evaluation and Research in Therapeutics (CERT)** www.arizonacert.org/consumers/consumer_pdf/pml.pdf
- **How to Create a Pill Card – Agency for Healthcare Research and Quality (AHRQ)** <http://www.ahrq.gov/qual/pillcard/pillcard.htm>
- **My Medicine List™ – American Society of Health System Pharmacists** <http://www.safemedication.com/safemed/MyMedicineList.aspx> My Medicine List™ is can be filled out electronically and saved to your computer for printing out as needed.
- **Personal Medication Card – Rx Response** <http://www.rxresponse.org/web/guest/medcard>
Rx Response partners: American Hospital Association; American Red Cross; Biotechnology Industry Organization; Generic Pharmaceutical Association; Healthcare Distribution Management Association; National Association of Chain Drug Stores; National Community Pharmacists Association; Pharmaceutical Research and Manufacturers of America
- **Personal Medication Record - AARP**; developed by the **SOS Rx Coalition**. Available in PDF and Word formats.
http://www.aarp.org/health/rx_drugs/usingmeds/my_personal_medication_record.html

- **Medication Record Form – Agency for Healthcare Research and Quality (AHRQ)**
http://www.ahrq.gov/questionsaretheanswer/level3col_1.asp?nav=3colNav05&content=05_0_prescription
- **My Medication Record – Food and Drug Administration;**
<http://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM095018.pdf>.
- **The Med Form** <http://www.themedform.com/> Arizona's healthcare community has joined forces to support The Med Form. Available at Arizona hospitals and physician offices. Available in English or Spanish.
- **My Medication Record - National Association of Chain Drug Stores and the American Pharmacists Association**
<http://www.nacdsfoundation.org/user-assets/Documents/PDF/PMRMyMedicationRecord.pdf>
 This medication record is intended for patients to use in medication self-management. The creation and maintenance of such a personal medication record is intended to be a collaborative effort among the patient, pharmacist, physician, and other healthcare professionals. Patients, however, are responsible for maintaining and updating this perpetual document. Pharmacies or other organizations interested in providing this medication record to patients may download and customize with their logo.
- **Research Report *Awareness and Use of Personal Medication Records among 50+ Americans*** by Laura Skufca http://www.aarp.org/research/health/drugs/med_records.html AARP Knowledge Management (March 2006)

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www.talkaboutrx.org www.bemedwise.org www.mustforseniors.org



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