

## **My Medication List**

Name			
Doctor		Phone	
Pharmacy		Phone	
ist all prescriptions, over-the-counter medicines, vitamins, herbs, dietary supplements, oxygen, inhalers and homeopathic remedies.			
Medication Name/ Date Started	<b>Dose</b> (mg, units, drops)	When Taken (daily, at bedtime, etc.)	Reason for Taking (blood pressure, diabetes, etc.)

## **Universal Medication Form**

You can help make your health care safer by keeping this list current. Complete this form and keep it with you at all times. Bring this form with you to any visit to a hospital, healthcare provider, pharmacist or doctor. For copies of this form or a pocket-size version, visit Christiana Care's Web site at www.christianacare.org or call 302-623-CARE (800-693-CARE).



## CHRISTIANA CARE HEALTH SYSTEM

PO Box 1668 Wilmington, Delaware 19899 302-623-CARE or 800-693-CARE

all your medications.

www.christianacare.org

Christiana Care is a private, not-for-profit regional health care system and relies in part on the generosity of individuals, foundations and corporations to fulfill its mission.

Use this handy form to track

CHRISTIANA CARE
HEALTH SYSTEM