



Name & Phone Number:

Date Updated:

Food & Drug Allergies:

## My PRESCRIPTION medications are

Name of Drug	What It's for	Strength/ Dose	Color/ Shape	How Often You Take It & When	Doctor Who Prescribed It	Date Started	Special Instructions					
SAMPLE: Lipitor	Cholesterol	10 mg	White, Oval	1 each day	Dr. Jones	5/24/2007	No grapefruit					
							<b>C</b> <i>i</i>					

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



## **Personal Medication Chart/Record**



Date Updated:

Food & Drug Allergies:

## My Over-the-Counter medications. Vitamins, and Herbal Supplements are

Name & Phone Number:

	Dose	Take It & When	Recommended It, If Any	Date Started	Does It Work?
Arthritis pain	200 mg	Twice daily		01/29/2001	Yes
	Arthritis pain	Arthritis pain 200 mg   Image: Constraint of the second s	Arthritis pain 200 mg Twice daily   Image: Constraint of the second se		