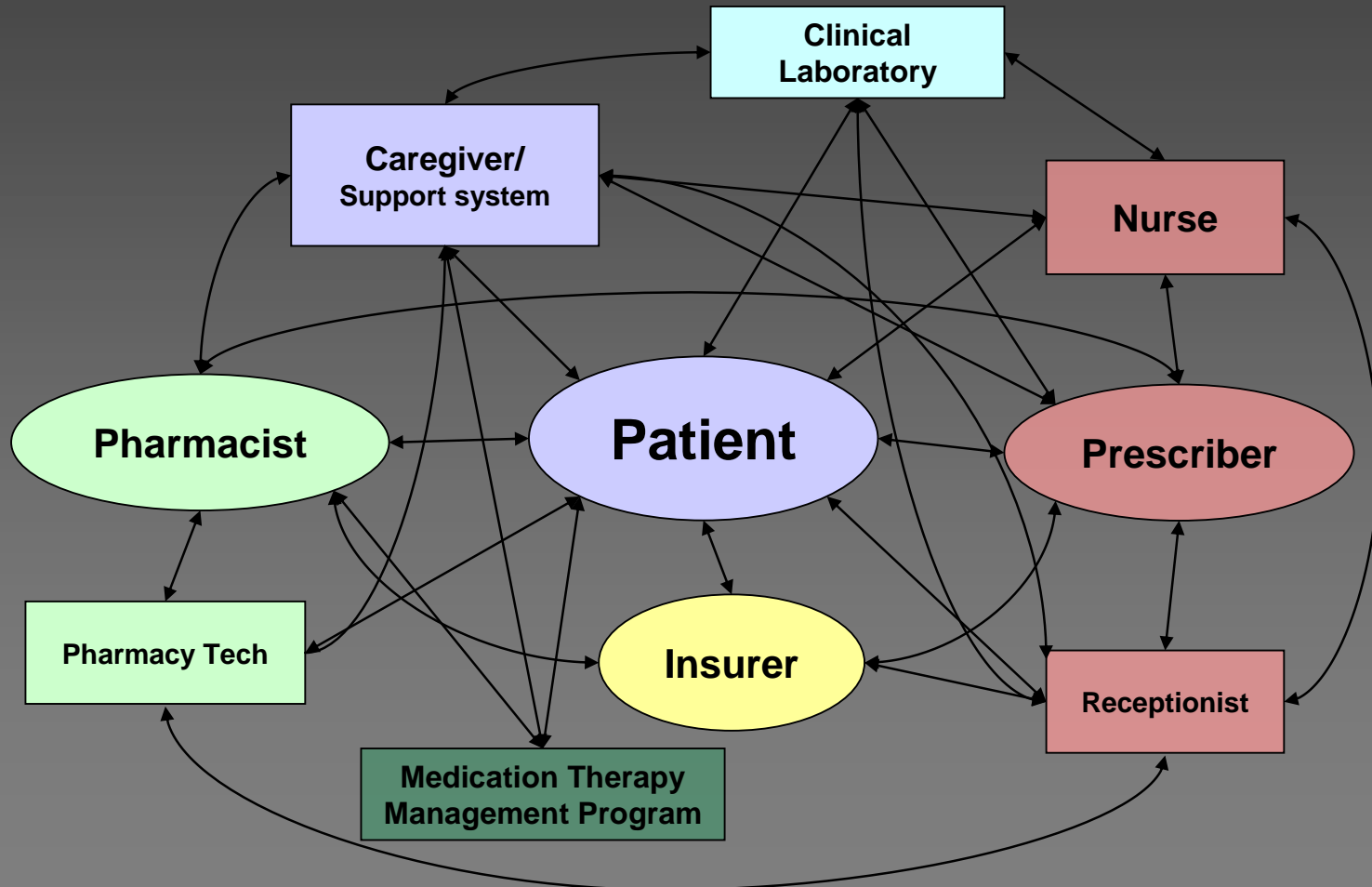


A systems approach



My name: _____ Last updated on: _____

Emergency contact: _____ Phone: _____
(relative or friend)



MY MEDICINES

Use this form to keep track of all your **prescriptions, over-the-counter medicines and supplements**. Keep it up-to-date and always carry it with you. Show it to your doctors and pharmacists at each visit and ask them to check for unnecessary duplications or medicines that could interact to cause harm.

Check the ones you use and write medicines in the chart.

- Allergy medicines
- Antacids
- Antibiotics
- Cold, flu or cough medicines
- Contraceptives
- Blood pressure or heart medicines
- Hormones
- Laxatives
- Medicine patches
- Pain medicines
- Sleeping pills
- Weight loss pills
- Vitamins, minerals
- Supplements or herbal remedies

Name of medicine or product	How much do I take?	When and how do I take it?	Why do I take it?	Date I started it
<i>Example: Naproxen</i>	<i>1 tablet, 250 mg</i>	<i>2 times/day, with food</i>	<i>Arthritis</i>	<i>7/31/2007</i>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Medicines to avoid due to allergies or side effects:

Doctor to call first: _____

Doctor's phone: _____

Pharmacy phone: _____

Find more copies of this form at www.azcert.org



New Medication Record Forms Now Available in English and Spanish

The Arizona Center for Education and Research on Therapeutics (CERT), a national center for improving medication safety,* has new medication record forms available in English and Spanish. These forms can be printed and filled in by hand, or completed online and downloaded as a PDF to store on personal computers. The forms can be found at www.azcert.org.

Along with organizations like AARP, the National Consumers League, and federal government agencies, we urge people to use forms like these to keep an up-to-date record of all the medicines and dietary supplements they take and show it to their doctor or pharmacist at each visit. This record is an important tool in routine health care, and provides vital information in emergencies.

[Click here to see a 30-second PSA](#) featuring Dr. Richard Carmona, 17th US Surgeon General, encouraging people to keep track of their medicines using personal medication forms.

We hope your association will include an announcement like the sample below in your association newsletter. Please join us in this effort to help people take an active role in their medical care by keeping track of their medicines. Thank you.

* Funded by the US HHS Agency for Healthcare Research and Quality

**“Keep track of all
your medicines with free
medication record forms
from Arizona CERT.”**



**A message from
Richard H. Carmona, MD, MPH, FACS,
17th U.S. Surgeon General (2002-2006)**

Forms available in English and Spanish