MEDICATION TRACKER

When you keep track of your loved one's medicines, it helps prevent accidents. Show this list to doctors and dentists so they can watch out for interactions and side effects. Make sure you update the list after every doctor or dentist visit. You can also make copies of this list for relatives or caregivers who are involved with your loved one's care.

List of medicines, including prescribed drugs, over-the-counter (OTC) products, vitamins, herbal products, and other supplements.

Important Information for: .....

Address: .....

Date of Birth: ..... Phone: .....

MEDICATION	DESCRIPTION	DOSE	DOSE INSTRUCTIONS	PRESCRIBED BY OR OTC	STORED
Example: Ibuprofen	*Round, Orange pill*	*200 mg*	*Take 2 tabs each morning with food*	*Dr. Jones*	*1st floor medicine cabinet*

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