



Medication List

Share your Medication List with all your healthcare providers. Keep it with you at all times.

How to use the Medication List (MedList):

This list can help you and your family keep track of everything you take to keep you healthy—your pills, vitamins, and herbs. Having all your medications listed in one place helps your doctor, pharmacist, hospital, or other healthcare providers take better care of you. Start using the MedList today!

Name:		Family Doctor's Name:	Medical History: ☐ diabetes
Address:		Phone: Emergency Contact:	 ☐ high blood pressure ☐ heart disease ☐ breathing problems ☐ other medical problems (list below)
III III	Birth: (yyyy/mm/dd)// MF	Phone: Secondary Emergency Contact:	
Medical Medical	Personal Health Card #:	Phone:	My allergies to medications and what happens to me when I take these:
ш ————————————————————————————————————		Pharmacy Name: Pharmacy Number:	List the medications you take on other side.

Adapted from 'It's Safe to Ask Medication Card' Manitoba Institute for Patient Safety.

If it's on the list, it won't be missed





Medication List

List all the medications you take. Include patches, inhalers, eye/ear/nose drops, creams,
and ointments. Also include over-the-counter medication, vitamins, minerals, herbal products,
or recreational drugs (for example, alcohol or marijuana)

This list was updated:_		/	_/	_
	уууу	mm	dd	

Keep your list up to date by crossing out the old medications and adding the new ones.

Here's an examp	Name of medication	Dose	How much		How often and when		Why I take it	Additional Information		
				Morning	Afternoon	Evening	Bedtime	As Needed		
	Example: atorvastatin	20 mg	1 pill			~			To lower cholesterol	Prescribed by Dr. Goodheart

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