



## AT DISCHARGE from the hospital you are...

- provided with a list of medications that you are currently taking
- your nurse or doctor will review them with you
- be sure you understand how these medications should be take
- do not resume any previously taken medications without consulting your doctor
- you should consult your doctor or pharmacist prior to adding any over-the-counter medications or supplements.

**Create and carry a current list of medications.** This list should be kept in your purse or wallet with you at all times to have available for a visit with your doctor or in an emergency situation. It is also a good idea to post this list on your refrigerator for first responders to easily see.



### **Include the following information in your medication list:**

- Your name, date of birth and any allergies you have.
- All medications you're taking including over-the-counter, vitamins, and herbal or dietary supplements
- Name of medication, dose and number of times a day taken
- What condition the medication is treating
- Any test that might be required to take with the medication (lab work)
- The form of medication such as pill, liquid, injection, patch, etc.
- The name of the doctor who prescribed the medicine
- Special instruction for taking such as with or without food
- Refill dates
- Pharmacy filling

**Update your list whenever medications are changed or added.**

Below is a link provided by Next Step In Care, which is a good example of a comprehensive medication list or simply create your own just be sure to include all medications, dose, number of times taken per day and what condition the medication is treating.

[http://www.nextstepincare.org/uploads/File/Guides/Medication/Medication\\_Management\\_Form/Medication\\_Management\\_Form.pdf](http://www.nextstepincare.org/uploads/File/Guides/Medication/Medication_Management_Form/Medication_Management_Form.pdf)