

# Keep a Medication Summary



<http://www.medicationweb.com>

## Keep a Medication Summary that includes:

- **The name of the medication**-include prescription and over the counter medications, eye-drops, skin ointments, dietary supplements, and herbals.
- **What it is used for**-ask questions; don't be afraid to discuss your questions and concerns with your doctor.
- **Why you are taking it**
- **Who prescribed it**-write down the name and phone number of the doctor who prescribed each medication.
- **How and when to take it**-ask if it should be taken with food or on an empty stomach, and how many times to take it each day.
- **How much to take**-record how many tablets to take each time and how long you have to take it.
- **Color/Shape**