



Playing It Safe

My Medication Checklist

Take time to ask questions when you get a new medicine. Asking now may prevent problems later.

Personal Information

NAME: _____

HOME TEL: _____

WORK TEL: _____

CELL: _____

HEALTH CONDITIONS & SURGERIES: _____

ALLERGIES OR ADVERSE REACTIONS TO DRUGS: _____

EMERGENCY CONTACT: _____ RELATIONSHIP: _____

HOME TEL: _____ WORK TEL: _____ CELL: _____

PHARMACY NAME & TEL: _____

FAMILY DOCTOR NAME & TEL: _____

OTHER DOCTOR & PHARMACY NAMES & TEL: _____

For more information:

Call the Alberta Poison & Drug Information Service's 24/7 Medication & Herbal Advice Line at 1-888-944-1012 (toll free in Alberta). VOIP subscribers may need to call (403) 944-1012.

- What is the name of the medication?
- Why am I taking this medication?
- Is this the brand or generic name?
- Is there a generic version and what is the difference in cost?
- How much medication should I take?
- When do I take the medication?
- What is the timing between each dose? For example, does "four times a day" mean I have to take it in the middle of the night?
- How long do I take the medication for?
- Should I take the medication on an empty stomach or with food?
- What foods, drinks, medication, dietary supplements or activities should I avoid while taking this medicine?
- What are the possible side effects and what do I do if I experience them?
- When should I expect the medication to begin to work?
- How will I know it is working?
- Will this new prescription work safely with other prescription and non-prescription medications, vitamins or herbal products I am taking?
- Why do I need a new medication and what will it do to other medications I'm taking?
- How should I store this medication at home?
- Will this medication affect my other health conditions (e.g., pregnancy, glaucoma, emphysema)?
- Can I continue my regular activities while taking this medication?
- What do I do if I miss or forget a dose?
- Will any tests or monitoring be required while I take this medication? Do I need to check in with the doctor again?
- Are there any other special instructions?

Personal Medication List

This record will help you track your prescriptions, non-prescription medications, vitamins and other dietary supplements or herbal remedies. Take this with you when you visit your doctor or specialist, pharmacist or other health care provider as well as when you visit the hospital or an emergency department. Remember to cross off anything you are no longer taking.

What prescription & non-prescription medications, vitamins, herbal products and nutritional supplements do you take?

Brand name & strength of product	Generic name	How much do you take?	When do you take it?	Why do you take it?	What does the product look like (colour, shape)?