

Everything You Take, in One Place

One list you can hand over instead of trying to remember it in the room.

WHEN TO USE THIS

Fill this in once, then update it whenever something changes.

List everything, including things bought over the counter.

WHAT IT IS	HOW OFTEN	WHO PRESCRIBED IT

Vitamins, herbal things, and anything else you take.

1. _____
2. _____
3. _____
4. _____

Any bad reactions to anything in the past?

Take a photo of this page on your phone, so the list is with you at every appointment.

One page, kept up to date, saves a lot of guessing later.