

My Medicines:

Know, Track, and Share Your Information

**Know the medicines
you take^{1,2}**



**Keep track of changes
to your medicines^{1,3}**

**Share the information
with those who take
care of you¹**



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My Medicines: Know, Track, and Share Your Information



Do You Know What Medicines You Are Taking?

Play an active role in your health care team^{1,2}

- All health care professionals and YOU make up your health care team
- Learn more about the medicines you are taking and how to take them correctly

Take Charge! Keep Track of Your Medicines

You are the most important part of your health care team. Keep track of your medicines.¹⁻³ You can do this any way you prefer:

- Ask someone to help you
- Write them down
- Use a pill organizer with a reminder feature
- Use a medicine tracker on your computer, smartphone, or tablet to set reminders or automated alerts. There are several free and reputable smartphone apps currently available on iOS and Android platforms



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Make a List of Your Medicines



Keep an up-to-date list of all the medicines you take. This includes all²:

- Prescription medicines
- Over-the-counter medicines
- Dietary supplements
- Vitamins
- Herbals

This medicine list should include²:

- Name of the medicine—both the generic name and brand name (if available)
- Name of the doctor who prescribed it
- How much and how often to take each medicine
- What it's taken for and any possible side effects

Consider using a paper form or a smartphone app to list, track, and share information about your medicines.⁴

Share Your Medicine List



The more information your health care team knows about you, the better they can plan for your care.¹

- Share your medicine list with your health care team—eg, doctor, pharmacist
- Give a copy of your medicine list to your family
- Update your list with any changes you, your doctor, or other health care professional may have made

Using a computer, smartphone, or tablet can make it easier to share your medication list electronically.



Ask Questions When You Get a New Medicine

Before you start taking a new medicine of any type, talk it over with your health care team.^{1,2,5,6}

It is your right and responsibility to ask questions about your treatment. The more you know about your medicines, the better. This information can help to keep you safe and healthy. Below are some example questions you can ask your doctor or pharmacist each time you get a new medicine^{1,5,6}:

- What's the name of the medicine?
- Why do I need the medicine?
- How and when should I take the medicine?
- How much medicine should I take?
- What do I do if I miss a dose?
- Should I take the medicine with food or without food?
- Are there foods or drinks I should avoid when taking this medicine?
- What does "take as needed" mean?
- How long will it take for the medicine to work?
- Will the medicine cause problems with other medicines I take?
- Is it safe for me to drive while taking this medicine?
- How should I store the medicine?
- What are the possible side effects?
- What should I do if I have a problem with the medicine?
- When can I stop taking this medicine?
- Will I need to refill the medicine?



More Things You Can Do to Play an Active Role in Your Care

Before and during any doctor's or hospital visit^{1,5,7}:

- Write down a list of questions and concerns you have
- Consider bringing a close friend or family member with you
- Bring ALL of your medicines, or a complete list, to your appointment
- Be honest and upfront about any symptoms you may have
- Share your list of medicines with the doctor, nurses, and/or staff
- Make sure to mention any allergies or problems with your medicines
- Take notes about what the doctor says, or ask a family member/friend to take notes for you

Remember "SAFER" to help you be an active member of your health care team and to make medicine use safer.¹

- **S**peak up
- **A**sk questions
- **F**ind the facts
- **E**valuate your choices
- **R**ead the medicine label and follow directions



Before you leave the doctor's office or get discharged from the hospital^{1,7}:

- Ask any and all questions you may have about your medicines
- Ask for the doctor's contact information and how they prefer you communicate with them
- Learn how to access your medical records so you can keep track of your test results, diagnoses, treatment plans, and medicines and to prepare for your next appointment



At the pharmacy⁵:

- Inform your pharmacist about every medicine you take, particularly if you use multiple pharmacies to fill your prescriptions
- Ask for written information about your medicine such as dosing and possible side effects
- Tell your pharmacist about any changes to your medicines, including any that you have started or plan to start, and any that you may have stopped taking
- Let the pharmacist know about any issues you may have taking your medicine (for example, trouble swallowing, difficulty reading small labels or understanding English, problems with telling the medicines apart, or challenges in getting to the pharmacy or paying for the medicines)
- Tell your pharmacist about any allergies you have or if you are pregnant or breastfeeding

Before you leave the pharmacy with your prescription⁵:

- Look to be sure you have the right medicine. If it seems different when you use it, tell your pharmacist, doctor, or other health care professional
- Be sure you know the right dose for your medicine and how to use it. If not, ask your pharmacist
- Be sure you have any information the pharmacist can give you about the medicine. Read it and save it
- Ask for your pharmacy's phone number and hours of operation. Call if you have any questions and when you need refills

Other questions I want to ask my health care team...



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