

Personal Action Plan

- Ask your doctor or pharmacist the following questions about each of your medicines.
- Include prescription medicines, over-the-counter medicines, dietary supplements, and herbal products.
- Use this information to complete your **Personal Action Plan**.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

Medicine: _____ Dose: _____ Prescribed by: _____

Questions to ask	Answers	Action plan
What is this medicine used for?		
Does this medicine interact with others I am taking?		
Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling?		
Is there another medicine or dose I should try?		
If I stop or change this medicine, what side effects should I expect?		

For more information: bit.ly/CDC-MedicinesRisk