

MyMedications List

Date Last Updated: _____
MM/DD/YYYY

The **MyMedications List** is a way for you to keep track of all prescription medications, over-the-counter (OTC) medications, vitamins, supplements, herbal products, and traditional cultural medicines that you are currently taking.

How to use your MyMedications List:

- List **every** prescription medication, OTC medication, vitamin, supplement, herbal product, and traditional cultural medicine that you are currently taking.
- Also list things you have stopped taking because of allergic reactions or for other reasons (like side effects, cost, or if it did not work).
- Bring this list with you any time you go for health care, like to a community health aid, doctor, dentist, pharmacist, or a hospital.
- Update this list any time you make a change to what you take.
- Review this list with your health care provider (such as a doctor, pharmacist, nurse practitioner, or physician assistant) to identify medications that may increase your risk of a fall or affect your ability to drive safely.
- Work with your health care provider to complete the MyMedications Action Plan and adjust any medications as needed. The MyMedications Action Plan is available at bit.ly/CDC-MedicinesRisk.



Keeping an up-to-date list of your medications that you—or others—can easily access is important for health care visits and in case of an emergency.



My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, Herbal Products, and Traditional Cultural Medicines

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes
<i>Example: metformin</i>	<i>Diabetes</i>	<i>1000 mg twice a day</i>	<i>Dr. Jill Smith</i>	<i>Upsets my stomach, have to take with food</i>
<i>Example: oxymetazoline (Afrin)</i>	<i>Congestion</i>	<i>Two sprays in each nostril no more than twice a day</i>	<i>OTC</i>	<i>Do not use for more than three days in a row</i>

continued on next page, if needed

My Current Prescription Medications, Over-the-Counter (OTC) Medications, Vitamins, Supplements, Herbal Products, and Traditional Cultural Medicines

Name of Medication	Reason Taken	Dose and Directions	Prescribing Provider	Notes

For more information: www.cdc.gov/transportationsafety/older_adult_drivers/meds_fs/index.html