

LET'S MAKE A MEDICATION LIST

Bring the most UPDATED MEDICATION LIST with you at every visit to the clinic or pharmacy and in case of hospitalisation. Show it to your doctor and pharmacist when seeking advice, even during the purchase of over-the-counter medication, Pharmacy-only medication or other supplements.

What is a Medication List?

A medication list is an accurate and updated list of medications or supplements that you currently taking.

Why is it Important?

Take ownership of your health by knowing what you are taking, what you are taking it for, and how to take it correctly!

You can better organise medications and track any changes regarding your chronic medical conditions.

- Clearly documented medical conditions aid healthcare professionals in tailoring treatment.

- All medications have a "brand name" and the universally recognized "generic name".
- The "generic name" is usually the name of the active ingredient.

- This describes the amount(s) of active ingredient(s) in each unit.
- Special letters such as 'XR' (Extended Release), 'LA' (Long Acting) or 'EC' (Enteric Coated) describe the special formulation of the medication.

Patient's Name: _____
IC: _____

Last Updated: _____

Medical Conditions:

Allergies:

- Your doctor may adjust your dose or switch medication.
- Remember to update your medication list if there are any changes to your medications!

Long Term Medications / Supplements:

Drug Name	Strength / Formulation	Dose / Instruction	Indication
Atorvastatin	40mg tab	1 tab every night	Cholesterol
Nifedipine	30mg tab (LA)	1 tab twice a day	Blood Pressure

- Record how many units per dose to be used and how often.
- Record any special instructions (e.g. take on an empty stomach, separate from milk products by 2 hours).

When Necessary Medications:

Drug Name	Strength / Formulation	Dose / Instruction	Indication
Cetirizine	10mg tab	1 tab once daily when necessary	Runny nose / itch

- This is what the medication is used for.
- It helps you to understand why the medication is necessary.

KEEP OUT OF REACH OF CHILDREN

CETIRIZINE

10MG TAB

TAKE 1 TABLET ONCE DAILY WHEN NECESSARY

Runny nose / itch

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