



## Tips for Talking With Your Doctor

# Keeping Track of Your Medicines

This chart can help you keep track of the different medicines, vitamins and over-the-counter drugs you take. Because your medications may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every doctor appointment.

Date: \_\_\_\_\_

Name of Drug	What It's For	Date Started	Doctor	Color/ Shape	Dose (How Much/ How Often)	Instructions

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