My Medication Plan

Complete this using your medication list or with your pharmacist. Use one section per medicine. Record missed-dose, sick-day, or procedure instructions only when a clinician or pharmacist has given them to you. Include prescribed medicines, over-the-counter products, vitamins, and supplements. Photocopy these pages if you need more space.

Medicine 1

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

My Medication Plan

Medicine 2

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

Medicine 3

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

My Medication Plan

Medicine 4

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

Medicine 5

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

My Medication Plan

Medicine 6

Medicine, dose, and time:

Why I take it:

Prescriber:

Expected duration or next review, if known:

Missed-dose, sick-day, or procedure instructions I was given:

Questions, side effects, cost, or refill concerns:

My Medication Plan

Medication Safety

After a stent

Personalized stent-related medication safety advice:

Anticoagulant safety

Take exactly as directed and do not skip doses unless a clinician tells you to. Call for guidance before surgery, dental work, or if bleeding, bruising, or falls become a concern.

Warning signs:

Beta blocker or rhythm-medicine safety

Notes and safety tips:

My Medication Plan

Medication Safety

SGLT2 and other diabetes/heart-failure medicine instructions

Instructions and specific guidelines:

Potential side effects to monitor:

Supplement safety

Supplement-related safety considerations:

My Specific Hold / Restart Instructions

Use this area for your care team to enter patient-specific instructions about holding, stopping, or restarting medicines around procedures or illness.

Instructions from my care team: