

Personal Medication List Example

090919

Medication Challenges

CHALLENGE	Actions recommended by physician and/or pharmacist
Vision Difficulties	Large font size and magnifying glass
Swallowing Problems	Liquid dosage form where possible; NO crushing unless you ask pharmacist if allowed
Manual Dexterity	Easy Open Vials
Hearing loss	
Understanding health terms	
Transportation issues	
Cost of Medications	
Remembering to take meds	Weekly pill container
Organizing my meds	Weekly pill container

Allergies and Drug Side Effects

Drug	What did you experience	Treatment and Outcome
Ampicillin	Rash and itching	Steroid crème; Rash/itching disappeared
Advil	Stomach bleeding	Stopped drug and bleeding stopped; no treatment required

Prescription Drugs

Drug Name	Dosage Form	Dose	Frequency	Disease/Symptom	Goal	Duration of treatment
Lisinopril	Capsule	10 mg	Daily in morning	Hypertension	BP between 130/80 and 100/70 currently 128/78	Indefinite

Over the Counter (OTC) Drugs

Drug Name	Dosage Form	Dose	Frequency	Disease/Symptom	Goal	Duration of treatment
Zantac	Tablet	150 mg	as needed depending on food	GERD/Stomach discomfort	Control symptoms	Forever

Herbal/Dietary Supplements/Home remedies

Name	Dosage Form	Dose	Frequency	Disease/Symptom	Goal
Vitamin D3	Tablet	2000 units	Daily	Deficiency	Raise serum levels to normal

What has your pharmacist and/or prescriber told about your medications

RxDrug/OTC/ Herbal	Cautions	Drug Interactions	Special Administration	Do NOT or Avoid instructions	Success Defined	Failure Defined
NSAID products	Older have greater GI bleed	Raises blood pressure and affects kidney function		Avoid OTC sleep meds that		

Vaccinations

Vaccine	Dose	Frequency	Prevention	Side Effects
Flu shot	1	ONCE IN Fall	Flu	One day arm hurt

Prior Medications: Did not work, cost too much or bad side effects

Drug	Disease/Symptom	Reason for stopping
Lasix	Hypertension	Too many bathroom trips
Metformin	Type II Diabetes	Did not achieve target A1C

Medication Administration Instructions

Medication dosage form	Instructions
Advil Inhaler	How to load inhaler and proper inhaler techniques.