LIST YOUR MEDICINES

NAME OF MY MEDICINE	HOW MUCH DO I TAKE	WHEN DO I TAKE IT	WHAT DO I USE IT FOR

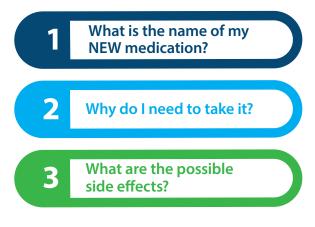
Help Us Help You **Know Your Medications**

Partners in Care

Independence HEALTH SYSTEM

It is important to know your medications.

When your doctor prescribes a new medication, ask the following three questions:



Please review this list at EACH visit with your doctor.

- Cross off medications when they are stopped
- Write in new medications when they start

ALLERGIES:	REACTIONS:	
	·	

LIST YOUR MEDICINES INCLUDING:

Over-the-counter medications including supplements, laxatives, sleeping pills, vitamins, minerals, herbals, others.

HOW MUCH DO I TAKE	WHEN DO I TAKE IT	WHAT DO I USE IT FOR
1 tablet - 400 mg	3 times/day after meals	Arthritis
	DOITAKE	DO I TAKE TAKE IT