

650 Ave. Muñoz Rivera, Ste 701,  
San Juan, P.R. 00918-4115

**PERSONAL MEDICATION LIST FOR** \_\_\_\_\_  
**DOB:** \_\_\_\_\_

This medication list may help you keep track of your medications and how to use them the right way.

- Use blank rows to add new medications. Then fill in the dates you started using them
- Cross out medications when you no longer use them. Then write the date and why you stopped using them
- Ask your doctors, pharmacists, and other healthcare providers to update this list at every visit.

Keep this list up-to-date with:

- ☐ prescription drugs
- ☐ over the counter drugs
- ☐ herbals
- ☐ vitamins
- ☐ minerals

If you go to the hospital or emergency room, take this list with you. Share this with your family or caregivers too.

**DATE PREPARED:**

**Allergies or side effects:**

**Medication:**

**How I use it:**

**Why I use it:**

**Prescriber:**

**Notes:**

**Date I started using it:**

**Date I stopped using it:**

**Why I stopped using it:**

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**PERSONAL MEDICATION LIST FOR \_\_\_\_\_**

DOB: \_\_\_\_\_

(Continued)

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

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**PERSONAL MEDICATION LIST FOR \_\_\_\_\_**

DOB: \_\_\_\_\_

(Continued)

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

<b>Medication:</b>	
<b>How I use it:</b>	
<b>Why I use it:</b>	<b>Prescriber:</b>
<b>Notes:</b>	
<b>Date I started using it:</b>	<b>Date I stopped using it:</b>
<b>Why I stopped using it:</b>	

**Other Information:**

If you have any questions about your medication list, call us at 1-855-831-3592 Monday through Friday from 8:00 a.m. - 5:00 p.m. TTY users should call at 1-855-296-8965.