

BE SMART ABOUT YOUR MEDICATIONS: A UNIVERSITY OF TENNESSEE EXTENSION BEMEDWISE PUBLICATION

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Medication Reminder Tools

Medications are an important tool for your health. You should know what medicines you are taking and when and how to take them. Use the tools in this packet to help you remember important information about your medicines and your health. Keep your UT Medication Reminder tools up-to-date and carry them with you everywhere. You may want to make copies of these documents before you write on them to help you keep your information current.

How to use the medication reminder tools:

- 1. Use the medication reminder sheet to keep track of information about all the medicines you take. If you are a caregiver, use a separate sheet to keep track of other people's medicines. Do not forget to include all prescription and over-the-counter medicines, as well as dietary supplements like multivitamins, mineral supplements, herbal supplements, and natural products.**
 - Write your name, address, phone number, and the date at the top of the sheet. The dated sheets will help you identify which one is the most up-to-date.
 - Write down the name, strength, directions, and purpose (why you take it) for each medicine you take - even if you do not take it every day.
 - Share with all your health care providers. This list helps them figure out if any of the symptoms you experience could be caused by a reaction to a medicine.
 - Share with your pharmacists. Pharmacists can use this information to see if any of the medicines on your list (prescribed and over the counter, including herbals and vitamin/mineral supplements) interact with other medicines you take.
- 2. Use this handout to keep track of important information for your pharmacy.**
 - Write your name, address, phone number, and the date at the top of the sheet. The dated sheets will help you identify which one is the most up-to-date.
 - Write down the name, strength, directions, and purpose (why you take it) for each medicine you take, even if you do not take it every day.
 - Share this with all your health care providers. This list helps them figure out if any of the symptoms you experience could be caused by a reaction to a medicine.
 - Share with your pharmacists. Pharmacists can use this information to see if any of the medicines on your list (prescribed and over-the-counter, including herbals and vitamin/mineral supplements) interact with other medicines you take.

Pharmacy Information

Pharmacy Name:

Pharmacy Address:

Pharmacy Phone:

Primary Doctor:

Primary Doctor Phone Number

Allergies/Intolerances:

Emergency Contact:

Name:

Relationship:

Phone Number:

Medication Reminder: Prescribed and Over the Counter

Name: _____

Phone: _____

Address: _____

Name/Strength

Directions

Purpose

Name/Strength

Directions

Purpose

Name/Strength

Directions

Purpose

Name/Strength

Directions

Purpose

Name/Strength

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Name/Strength

Directions

Purpose

Name/Strength

Directions

Purpose

Health Screenings

Date	Blood Pressure	Total Cholesterol	LDL	HDL	Triglycerides	Blood Sugar

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