

Know Your Medications — It Matters!



At MemorialCare, we recognize the profound impact an accurate and up-to-date medication list can have, and we encourage everyone to know their medications and keep an accurate list to bring to their medical appointments and hospital visits.

Tips for “Know Your Medications”

- Know what condition or symptoms the medication treats
- Understand the instructions before taking the medication
- Know the side effects that can result from taking the medication
- Keep in mind the strength of your prescription (e.g., 10mg)
- Make sure the medicine is the same if it's a refill
- Properly dispose of medications that are expired or that you no longer take
- Create a home medication list that is easily accessible and updated frequently

Empower yourself, enhance your appointments, and prioritize your health by fully understanding all medications you take and by bringing an accurate and up-to-date medication list to all visits.



Home Medication List

Creating an effective Home Medication List doesn't have to be a complex task. Here are some tips to get started:

- 1. Use our Home Medication List:** Download a blank medication list at [memorialcare.org/medication](https://www.memorialcare.org/medication)
- 2. Include All Medications:** List prescription medications, medicated creams, over-the-counter drugs, eye/ear drops, supplements (including CBD), and vitamins, including the dosage and frequency.
- 3. Update Regularly:** Keep the list current by noting any changes in your medications, such as new prescriptions, dosage adjustments, frequency changes, or discontinuations.
- 4. Be Specific:** Provide details about how you take each medication, such as with or without food, in the morning or evening, etc.
- 5. Store Securely:** Keep a digital or printed copy of your Home Medication List in a secure and easily accessible location. Snap a picture of each page of the Medication List with your cell phone camera, so you always have it with you.