

My Medication List

One current, complete list of every medication, vitamin, and supplement. Doctors ask for it, pharmacists rely on it, and in an emergency it speaks when you cannot.

Why one list matters

Many older adults see several doctors who do not automatically see each other's prescriptions. A single up-to-date list is the simplest protection against double prescribing and harmful drug interactions, and it makes every appointment faster and safer. Bring it to every visit, every hospital trip, and every new pharmacy.

WRITE EVERYTHING

Prescriptions, over-the-counter medicines, vitamins, supplements, creams, drops, and inhalers. All of it.

UPDATE ON CHANGE

Cross out stopped medications with a single line and date the change. A messy current list beats a clean old one.

KEEP IT FINDABLE

Keep this list with your emergency information sheet, and note its location on that sheet.

The basics

NAME

PHARMACY NAME AND PHONE

DATE OF BIRTH

PRIMARY DOCTOR AND PHONE

ALLERGIES AND PAST REACTIONS

LIST LAST UPDATED ON

CURRENT MEDICATIONS

Prescription medications

MEDICATION	DOSE	WHEN TAKEN	PRESCRIBED BY	WHAT IT IS FOR

Over-the-counter, vitamins, and supplements

ITEM	DOSE	WHEN TAKEN	RECOMMENDED BY	WHAT IT IS FOR

Print extra copies of this page as the list grows. Keep one copy at home and one in the bag that goes to appointments.

Habits that prevent missed doses

Anchor doses to routines

Tie each dose to something that already happens daily: morning coffee, the evening news, brushing teeth. Time-of-day alone is easy to drift past.

Use a weekly pill organizer

Fill it the same day each week, in good light, from this list. If a day's compartment is still full at bedtime, you know at a glance.

Ask the pharmacy to help

Most pharmacies offer free blister packs sorted by dose time, synchronized refills, and reminder calls. One phone call sets it up.

One pharmacy, if possible

Filling everything at a single pharmacy lets their computer catch interactions across every prescriber automatically.

Questions worth asking at the next appointment

- Can any of these medications be stopped, combined, or reduced?
- Do any of these raise the risk of dizziness or falls, alone or together?
- Which ones must never be skipped, and what do we do if a dose is missed?
- Are any over-the-counter items on this list interfering with the prescriptions?

FROM OUR CARE TEAM

A second set of eyes on the daily routine

Jane's Home Care is a nurse practitioner led home care agency serving Fresno, Clovis, and the surrounding Central Valley. Our caregivers provide medication reminders as part of daily care: prompting doses on schedule and noting concerns for the family. Caregivers remind and observe only; they never administer medication. Care can begin within 24 hours.

Call (559) 296-2189 or build your own care plan at janeshomecare.com/care-plan

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