



TAKE THIS ON
VACATIONS AND
WHILE TRAVELING.



Adult Medication Record

There are many reasons for changing a person's medication program. It is not unusual for either the type of drug or how much is taken to be changed a number of times.

This form will serve as a permanent record of drugs that have been prescribed for you and the effect each has had. Keep it updated every time there is a change to the type of medication, the amount prescribed, and when there is any change in how often it is to be taken. Use the last page to make notes and reminders on special doctor's instructions and any changes you notice in your health or mood that you think may be related to the drug. Then, be sure to discuss this information the next time you see the doctor.

This record can be very helpful when you travel or when you move to another area. A history of your medication will be of interest to the new physician who will want to know what drugs have or haven't worked and how you may have reacted to different dosages. Keeping the following medication record will be useful if for any reason your social medical records can not be obtained.

Take it with you on vacations away from home and while traveling over an extended period. Then if there is a change in your condition and your doctor can not be reached, you will have it on hand for any physician who may be called in to provide temporary care.

Date Prescribed	Medications Prescribed	Dose	Date(s)	Changed	Date Discontinued	Reason for Discontinuance

