## Managing Medications and Supplements Worksheet





The person you're caring for may be taking multiple prescription drugs, as well as over-the-counter medicines and dietary supplements. It can be confusing to keep track of everything! This worksheet can help. Because medication regimens may change over time, consider making copies of this form to use in the future. Try to bring a current list of medications and supplements to every doctor appointment or in an emergency event. In the notes section, include details about storage, side effects or other concerns.

valile.	Date	
Medication #1	Dose	Instructions
Color/Shape:Purpose/other notes:		octor:
rurpose/other notes.		
Medication #2	Dose	Instructions
Color/Shape:	D	octor:
Purpose/other notes:		
Medication #3	Dose	Instructions
Color/Shape:	D	octor:
Purpose/other notes:		
Medication #4	Dose	Instructions
Color/Shape:	D	octor:
Purpose/other notes:		
Medication #5	Dose	Instructions
Color/Shape:	D	octor:
Purpose/other notes:		



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Medication #	Dose	Instructions
Color/Shape:		Doctor:
Purpose/other notes:		
Medication #	Dose	Instructions
1.1041.041.011		
•		Doctor:
Purpose/other notes:		
Medication #	Dose	Instructions
Color/Shape:		Doctor:
Purpose/other notes:		
Medication #	Dose	Instructions
Medication #	Dose	Instructions
Color/Shape:		Doctor:
		Doctor:
Color/Shape: Purpose/other notes:		Doctor:
Color/Shape:		Doctor:
Color/Shape: Purpose/other notes:  Medication #	Dose	Doctor:  Instructions
Color/Shape:  Purpose/other notes:  Medication #  Color/Shape:	Dose	Doctor:  Instructions  Doctor:
Color/Shape: Purpose/other notes:  Medication #	Dose	Doctor:  Instructions  Doctor:
Color/Shape:	Dose	Doctor:  Instructions  Doctor:
Color/Shape:  Purpose/other notes:  Medication #  Color/Shape:	Dose	Doctor:  Instructions  Doctor:
Color/Shape:	Dose	Doctor:  Instructions  Doctor:
Color/Shape: Purpose/other notes:  Medication #  Color/Shape: Purpose/other notes:  Medication #	Dose	Doctor:  Instructions  Doctor:

Sources: www.nia.nih.gov and claritylegalgroup.com

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