



My Medication List

How to use and complete your Medication List:

1. Take your medication list with you to all doctor and specialist appointments.
2. Take your medication list with you to all hospital visits (Emergency Room visits, out-patient visits, pre-surgery visits, and hospital admissions).
3. Tell a family member or close friend where they can find your medication list in the event of an emergency and you do not have the list with you.
4. Update your medication list as changes are made to your medicine.
When a medication is stopped (discontinued) draw a line through the medicine and record the date the doctor told you to stop taking the medication.
5. If you need help filling out or updating your medication list, ask your doctor, nurse, or pharmacist to help you. They want to be sure you are taking the correct medicine.
6. When you are discharged from the hospital, you will get an updated list of your medication. The nurse will review it with you and give you a copy. Ask the nurse to compare your old list to the new list you are given. When this is complete and your new medication list is accurate-destroy the old list to avoid confusion.
7. Take your new list to the doctor for your follow-up appointment. Ask the doctor to review your list and make a copy for his/her records.
8. Always keep your medication list with you. Keep it in your wallet or purse. This will keep all your healthcare providers up-to-date on your medicines.
9. It is a good practice to fill all your prescriptions at the same pharmacy. Your pharmacist will review your medications before filling a new prescription to be sure the new medicine does not interfere with your current medications. It will also help avoid duplication of medicine.
10. By keeping a current medication list and keeping it updated:
 - You will improve communication between your doctors, hospital, and pharmacy.
 - You will remember all your medications, why you take them, how often you take each medication, and when you take each medication.
 - You will avoid delays in receiving your medication when you're in the hospital.
 - It will help reduce confusion and save you and your healthcare team time.
 - It will help avoid medication interactions and duplications.
 - It will help keep you on track in managing your health.
 - Most importantly, it will keep you safe.

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