

# Your medication list

Before each health visit, write down the medications you take. Make sure to include prescription medicines, over-the-counter medicines and supplements (vitamins and/or herbal remedies). Please update this list after your visit and keep a copy in your wallet or purse.

Name of medicine	Dose	Will dose be changed over time? Yes / No	Why you are taking it	When and how to take it

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**Along with heart-healthy eating, staying active and not using tobacco products, medications can help keep your heart and blood vessels healthy. Be sure you know:**

- Why each medicine is recommended, and how it benefits your heart and health; remember, many medicines work together
- How to take it (if you need to take it with food, water, or at a different time from any other medications you take)
- What to do if you miss a dose
- If there are certain side effects that you need to watch for and tell your clinician about

Ask questions and share issues you have with your medications (for example, remembering to take them, juggling so many, difficulty paying for them) with your care team. Remember, your pharmacist is part of the team and can give you information and advice, too.

