

## Your Health: Questions to Ask About Your Medicines

Use this sheet to record the medicines you take and any questions you have about them.

Take this sheet and all your medicines with you to your next doctor visit.

Name of medicine	Dose	How often do I take it?	Special instructions

Am I taking the right doses?

What side effects are normal?

Should I call you if I have certain side effects? Which side effects?

Are there certain foods or activities I should avoid?
Are there any over-the-counter medicines that I should avoid?
Can I take all my medicines at the same time, or should I take them at different times?
What do I do if I miss a dose?
Do I need blood tests to see how my medicines are working?
Are there any other treatment options for me?
Other questions or concerns: