

# Medication Tracker

When you keep track of your loved one’s medicines, it helps prevent accidents. Show this list to doctors and dentists so they can watch for interactions and side effects.

Make sure you update this list after every doctor or dentist visit. You can also make copies of your list for relatives or caregivers who are involved with your loved one’s care.

List all medicines, including:

- **Prescribed drugs**
- **Over-the-counter (OTC) products**
- **Vitamins, herbal products, and other supplements**

Medication	Description	Dose	Dose Instructions	Prescribed by or OTC
<i>Example: Ibuprofen</i>	<i>Round, Orange Pill</i>	<i>200 mg</i>	<i>Take 2 tabs each morning with food</i>	<i>Dr. Jones</i>

Before visiting the doctor, remember to check medications to see if refills are needed.

For more information, please visit [SeniorEmergencyKit.com](http://SeniorEmergencyKit.com)

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