



Use Medicines Safely

Use this chart to keep track of the medicines you are taking, including over-the-counter, natural health products and prescription drugs.

Name of Medicine	Dosage	Time when taken	Reason for taking

Family doctor's name: _____

Telephone number: _____

Name of pharmacy: _____

Telephone number: _____

Keep this chart up to date and share it with your doctor and pharmacist. Always use medicine as directed by your doctor or pharmacist. Know when to take it, how often, and for how long. Know when and under what conditions you should stop using a medicine, and what to do if you miss a dose.