

Medication Checklist

A checklist for keeping a current medication list and managing schedules, refills, storage, and adherence safely.

Build Your Current List

- Write down every prescription medicine you take
- Add all over-the-counter medicines, vitamins, and supplements
- Record the dose and how often you take each one
- Note the reason for each medicine
- List the prescribing doctor and your pharmacy for each

A complete list makes it easy to verify and update

Set Your Schedule

- Note the time of day for each dose
- Mark which medicines are taken with or without food
- Use a pill organizer for the week if it helps
- Set phone alarms or reminders for each dose
- Tie doses to daily routines like meals or bedtime

Refills and Supply

- Track how many days of each medicine you have left
- Note refill dates and request them before you run out
- Sign up for pharmacy refill reminders if available
- Plan extra supply before holidays or travel
- Keep your pharmacy phone number handy

Safe Storage and Disposal

- Store medicines in a cool, dry place per the label
- Keep all medicines out of reach of children and pets
- Keep medicines in their original labeled containers
- Check expiry dates and remove expired medicines
- Ask your pharmacist how to dispose of unused medicine safely

Ask Your Doctor and Pharmacist

- Ask whether any of your medicines or supplements interact
- Confirm what to do if you miss a dose
- Ask about common side effects to watch for
- Review the full list at each appointment for changes
- Confirm before starting any new supplement or remedy

Important

- This checklist is general information only and is not medical advice; never start, stop, or change a medicine without your doctor's guidance, and follow the instructions from your doctor and pharmacist

Call your doctor or pharmacist with any medication question