

WRITE YOUR OWN

MEDICATION LIST!

A medication list helps you and your healthcare provider track your medications and keep you safe.

Name: Tan Kim Long

Updated on: 05/09/2018

ID No.: S123XXXXA

Medical Conditions:

High Blood Pressure
High Cholesterol

Drug Allergy:

Bactrim (Rash)

Medications / Supplements

No.	1 Medication Name & Strength	2 How to take the medication	3 Used For
1.	Nifedipine LA 30mg tablet	Take 1 tablet every morning	Blood pressure
2.	Fish Oil 1000mg capsule	Take 1 capsule 3 times a day after food	Health
3.	Paracetamol 500mg tablet	Take 2 tablet 4 times daily when necessary	Pain / Fever

Example of a Medication Label

1 Nifedipine LA 30mg Tablets

2 Take one tablet every morning

3 for Blood pressure control.

C&C Clinic

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05/09/2018

Tan Kim Long

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Tips for Writing A Medication List

- Follow the example on the left to create your medication list.
- Medications may have different formulations e.g. Long-Acting (LA) or Sustained Release (SR). Do write these information into your medication list.
- Ask your doctor or pharmacist if you need help to write your medication list.

Bring along your updated medication list and show it to your doctor or pharmacist at every visit.

Log on to <http://bit.ly/NHGPML> or scan  to download a blank medication list.

