

Keeping an up-to-date medication list

A two-page guide for older adults and caregivers

Use this checklist to keep an accurate list and share it when needed.

My list is kept:

Last updated:

Person who helps me update it (optional)

CHECK FIRST

Keep taking medicines as directed. Ask your care team before a change.

What belongs on my list

- ☐ Every prescription and nonprescription medicine I use, including products used only sometimes.
- ☐ Every vitamin, dietary supplement and herbal product I use.
- ☐ Products that are easy to miss, including inhalers, eye drops, creams, patches and injections.
- ☐ For each item: name, strength, amount, when and how I take it, and reason for use.
- ☐ Prescriber, special instructions, health conditions, allergies or medicine reactions, and an emergency contact.

Keep it accurate and ready to share

- ☐ I compare the list with medicine labels and record how I actually take each item.
- ☐ I update the list when a medicine is started, stopped, or its directions change.
- ☐ I date each update and ask a pharmacist or other healthcare professional to check unclear information.
- ☐ I keep an accessible copy, show it to my healthcare professionals, and share it with a trusted care partner if I choose.

Author and clinical reviewer: Anuolu Bank-Oni, PharmD, CDE, BCGP

General information for a healthcare conversation. It does not replace advice from your healthcare professional. Instructions can vary.

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My medication list

Use one row for each medicine or product. Use another copy if you need more rows.

Name:

List date:

Allergies or medicine reactions:

Health conditions:

Emergency contact:

Medicines and products

Medication or product	Strength + amount	When + how	Reason / prescriber

Questions I may want to ask

- ☐ Does this list match what I should be taking?
- ☐ Are any medicines duplicated, missing or no longer needed?
- ☐ Are the strengths, directions and reasons complete and clear?
- ☐ What should I do if my list does not match a label or prescription?

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Sources: FDA. Create and Keep a Medication List for Your Health. Accessed August 2026.
NIA. Taking Medicines Safely as You Age. Reviewed September 2022.

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