

## MEDICATION CHART

Tracking medications and bringing a list or the actual prescription bottles to appointments ensures accurate communication, prevents harmful drug interactions, and helps providers make informed decisions about treatment plans. This practice is especially vital for effectively managing chronic conditions like high blood pressure. Use the table below to track medications, prescriptions, vitamins and supplements. Bring this list to all appointments.

NAME OF MEDICINE	DOSE AND DIRECTIONS	PRESCRIPTION NUMBER	DATE PRESCRIBED	REASON FOR PRESCRIPTION	COLOR & NOTES