My Medicines—How Can I Get the Most From Them?

Fill out the medicine chart below for all the medicines you take. This will help you know how, when, and why you take each medicine. Make sure you know the name, exact shape, color, and any words on your medicines.

- **Ask** your parents to mark medicine refill dates on a calendar.
- **List** more information in the Special Instructions column (like, what to do about side effects).
- **Read** the label of your medicines. Make sure you always get the medicines that your doctor prescribed for you. If you receive a different medicine, it can be harmful.

Name and Strength of Medicine	How Much I Take	When I Take It	I Take It for	What My Pill Looks Like	Dates to Refill Rx	Special Instructions

Doctor's office contact name / phone number

Pharmacy contact name / phone number

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