# 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.

**Mark medicine refill dates on a calendar. Use reminder notes to remember to take your medicines.**

| 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 |
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Doctor's office contact name / phone number

Pharmacy contact name / phone number

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