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 medicine.

- Mark medicine refill dates on a calendar.
- Use reminder notes to remember to take your medicines.
- Have your blood pressure checked as directed to make sure your medicine is working.
- Talk to your doctor if you have questions about your medicines or how to take them.

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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