

PERSONAL MEDICATION LIST FOR _____

DOB _____

Keep this list up to date with:

- Prescription Medications
- Over the counter drugs
- Vitamins
- Herbals
- Minerals

Allergies or side effects: _____

Medication: _____
How I Use It: _____
Why I Use It: _____ Prescriber: _____
Date I started taking it: _____ Date I stopped taking it: _____
Why I stopped taking it: _____
Where I fill this RX: _____ RX #: _____

Medication: _____
How I Use It: _____
Why I Use It: _____ Prescriber: _____
Date I started taking it: _____ Date I stopped taking it: _____
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How I Use It: _____
Why I Use It: _____ Prescriber: _____
Date I started taking it: _____ Date I stopped taking it: _____
Why I stopped taking it: _____
Where I fill this RX: _____ RX #: _____

Questions to ask your doctor or pharmacist every time a new medication is prescribed:

1. What is this medication for?
2. Does this medication replace anything else I am taking?
3. How do I take this medication? (With food? Empty Stomach?)
4. How long do I take this medication
5. What side effects can this drug cause?
6. Is this medication safe to take with my other medications?

Sarah's S
MESSAGE THERAPY &
CRANIOSACRAL THERAPY

Doctor's Visit Checklist

Have you ever left the doctor's office a little confused? What did the doctor say about the doohicky that is wrong with me? Oh, and what was that test thingamajig for again? We've all been there.

It's especially hard to remember what to ask. So we've enlisted the help of Drs. Mehmet C. Oz and Michael F. Roizen, the authors of the best-selling book *YOU: The Smart Patient*.

Materials that you need for a doctor's visit:

- Insurance Card/Information
- Medication List
- Health profile/history
- Questions on any new symptoms, treatments or conditions

Review this checklist before any doctor's appointment

1. How's my health overall? _____
2. These aspects of my health cause me concern: _____

3. Are there any tests that I should have based on my age or for other reasons?

4. Are there any lifestyle modifications I should make or consider?

Notes:
