

MEDICATION MANAGEMENT PACK

A practical set of printable tools for keeping one understandable, current medication record.

Use this pack for yourself or for someone whose medications you help organize. The goal is not to replace medication labels, pharmacy records, discharge instructions, or professional advice. It is to make important information easier to keep current, share, and discuss.

SAFETY NOTE: Do not start, stop, change, combine, or adjust a medicine because of this resource. Follow the medication label and instructions from the prescriber or pharmacist. Ask a qualified healthcare professional about missed doses, side effects, interactions, or conflicting instructions.

WHAT IS INCLUDED

- ☐ My Current Medication List
- ☐ My Daily Medication Schedule
- ☐ Regular but Not Daily / As-Needed Medicines
- ☐ Allergies & Previous Reactions
- ☐ Medication Changes
- ☐ Making the Lists Agree
- ☐ Questions for My Pharmacist or Prescriber

KEEP IT CURRENT

Include prescription medicines, over-the-counter medicines, vitamins, herbals, and supplements. Review the list whenever something is started, stopped, or changed. Put the date on the current version and remove or clearly mark obsolete copies so they are not mistaken for the active list.

USE IT

Bring the current list to appointments and hospital visits. Keep a copy where it can be found when needed, and consider sharing the current version with a trusted person who may help with appointments or emergencies.

WHEN TO UPDATE IT

Review the list after a hospital or rehabilitation stay, after a specialist or urgent-care visit, and whenever a medicine is started, stopped, restarted, or changed.

MY CURRENT MEDICATION LIST

Record the medicines and products you currently use. Include prescription medicines, over-the-counter medicines, vitamins, herbals, and supplements. Copy information from current labels or a verified medication list; confirm anything you are unsure about with a pharmacist or prescriber.

Name

Current as of

Use one current working list. Update it when something changes rather than relying on several old versions.				
Medication / Product	Strength	What I Take It For	When / How Much / Instructions	Prescriber / Source

More medicines? Print another copy of this page and mark it "Continued."

MY DAILY MEDICATION SCHEDULE

Use this page as an at-a-glance schedule for medicines normally taken every day. Follow the actual label and professional instructions. If a medicine has special timing or food instructions, record them rather than relying on memory.

Current as of _____

Medication	Morning	Midday	Evening	Bedtime	Special Instructions
This schedule is an organizer, not a dosing instruction. If the schedule and the medication label or professional instructions do not agree, ask the pharmacist or prescriber to clarify the correct instruction.					

REGULAR BUT NOT DAILY / AS-NEEDED MEDICINES

Some medicines do not fit a morning-midday-evening schedule. Use this page for medicines taken on certain days, weekly or monthly, or only when needed. Record the actual instructions from the label or healthcare professional.

Current as of _____

REGULARLY, BUT NOT EVERY DAY

Medication / Strength	Why I Take It	When I Take It	Instructions

ONLY WHEN NEEDED

Medication / Strength	Why I Use It	When / How Much I Was Told to Take	Special Instructions

ALLERGIES & PREVIOUS REACTIONS

Keep known medication allergies and important previous reactions easy to find and share. Record what happened rather than relying only on a vague label. Ask a healthcare professional if you are unsure how a previous reaction should be described.

Current as of

Medicine / Substance	Reaction or What Happened	Approx. Date (if known)	Who Has Been Told / Notes
This page records information you already know. It does not determine whether a symptom was an allergy, side effect, or interaction.			

MEDICATION CHANGES

Use this page whenever a medicine is started, stopped, restarted, or changed in strength, timing, or instructions. Record the instruction you were given and who gave it.

Date	Medication	Started / Stopped / Changed	New Instruction	Who Gave the Instruction	Follow-Up

QUESTIONS CREATED BY A CHANGE

What still needs to be confirmed with the prescriber or pharmacist?

MAKING THE LISTS AGREE

After a hospital stay, specialist visit, urgent-care visit, or medication change, you may have more than one medication list. Compare them instead of assuming they agree. Mark differences and ask the appropriate professional to clarify them.

Date compared

Medication	Old List Says	New List Says	Difference / Question	Clarified By / Date	Final Current Instruction

CLOSE THE LOOP

- ☐ The discrepancy was clarified by an appropriate healthcare professional.
- ☐ My current medication list was updated.
- ☐ My medication schedule/reminder system was updated if needed.
- ☐ Obsolete copies were removed or clearly marked so they are not mistaken for the current list.
- ☐ A caregiver or trusted person received the updated version if appropriate.

If two instructions conflict, do not choose between them on your own. Contact the appropriate prescriber, pharmacist, discharge team, or other qualified healthcare professional for clarification.

QUESTIONS FOR MY PHARMACIST OR PRESCRIBER

Write questions down as they come up. Use this page during an appointment, pharmacy conversation, discharge review, or whenever a medication instruction is unclear.

Date

What is this medication for?

How and when should it be taken?

Are there special instructions about food, timing, other medicines, vitamins, or supplements?

What should I do if a dose is missed?

What side effects, interactions, or other concerns should prompt me to call - and whom should I contact?

What monitoring, follow-up, or refill planning is needed?

What else do I need clarified?

Resource basis: Developed from Solid Online Publications workbook tools and reviewed against current FDA and AHRQ medication-list guidance. This resource is for organization and education, not individualized medical advice.