



### Keep a Medication List

It is very important for cancer patients to keep a list of all medications (including vitamins and supplements) they are currently taking. The number of pills can be staggering at times, and it is very easy for patients to become confused. It is important to carry the list at all times so patients can show the doctors and nurses what medications are being taken. Cancer patients may be under the care of a number of different physicians and all of the doctors may not know what others have prescribed. Significant interactions can occur with some medicines that your doctor needs to consider before prescribing any new medication.

If a patient ever goes to the emergency room a list of current medications is extremely helpful to the emergency room staff. Treatment can be instituted promptly if the doctors know all of the current medications the patient is taking. It is not real helpful to say "I'm taking a big blue pill." There are thousands of medications available that can have serious interactions. Keeping a list makes everyone's life easier.

It is important to list the name of each medication, the dose in milligrams, and the frequency that the medication is prescribed. The doctor who prescribed the medication and the date started should also be listed. The following is a sample list that can be copied and kept in a purse or wallet once the blanks have been filled:

Name of Medicine	Dose (mg)	How often taken	Who Prescribed	Date Started	Reason for taking, changing or stopping

