

MEDICATIONS LOG

Use this chart to list all of the drugs and supplements that you take, even those not prescribed by a doctor. If you cannot do this or are unsure of the dosage, bring **ALL** of your medications or take a **PICTURE** of the front and back of the bottle to show the doctor. Some medications do not work well together or may not be needed at all.

My medications, herbs, vitamins, supplements	Dosage (Ex: two 40mg pills day & night)	How long I have used this?	What do I take it for?	If Rx, Who prescribed it?
<i>Tri-Previfem</i>	<i>1 pill a day</i>	<i>Started age 18</i>	<i>Birth control</i>	<i>Dr. Jane Gyno</i>
<i>Multi-vitamin</i>	<i>1 pill a day</i>	<i>3 months</i>	<i>Worried I'm not getting all the right vitamins I need in my diet.</i>	

ALLERGIES

Do you have any allergies? Yes No

If yes, please list **ALL** allergies (Ex. Aspirin, Latex Gloves, Gluten, Pollen)?
