



My Medication List

我的藥品清單

Date Prepared
清單填寫日

/ /

Name
姓名

Date of Birth (MM/DD/YYYY)
出生日期 (MM/DD/YYYY)

/ /

Pharmacy
藥房

Pharmacy Phone #
藥房電話

Primary Care Physician (PCP)
家庭醫生(PCP)

PCP Office Phone #
家庭醫生電話

My Drug Allergies and Reactions:
我的藥物過敏反應:

Medication & Dose 藥名 & 劑量	Purpose 藥品的目的	Doctor Prescribed 開立醫生	Frequency 服藥時機				Comments (side effects, symptoms, food interactions, etc.) 備註 (如:副作用,症狀,注意食物等)	Reminder (Next Refills, etc.) 下次領藥
			Morning 早上	Noon 中午	After- noon 下午	Evening 晚上		
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								

Note: This list of medication is self-reported by the individual and may not be a complete list of medication taken by the individual.
注意: 此藥品清單為個人的自我報告, 可能不是個人服用的完整藥品清單。

KNOW YOUR MEDICATION

了解您的藥物



Improve Quality of Life
提高生活品質



Prevent Complications
預防併發症



Decrease Pain and Discomfort
減少疼痛和不適

Talk with Health Care Professionals to...

- Understand the reason for taking your medication and take them as directed. It may help prevent a heart attack or stroke, or treat an infection.
- Ask about potential side effects. Tell your doctor about any discomfort or allergic reactions.
- **Find out what to do if you miss a dose.**
- Learn how to avoid drug interactions. An interaction changes the way a medication acts in your body when taken with other drugs, herbal supplements, beverages, or foods. Ask before you take anything new.



對話·與您的醫療團隊...

- 了解需要服用藥物的原因、並依照醫囑服用。它可能是為了預防心臟病發作或中風，或治療感染。
- 詢問可能的藥物副作用。若您有任何不適或過敏反應，請告知醫生。
- **了解如果錯過服用藥物時機的處理方式。**
- 了解如何避免藥物相互作用。當該藥物與其他藥物、中草藥、飲料、或食物共同服用時，它們間的相互作用可能會影響其藥效。服用任何新藥物之前，請諮詢醫生有關您的藥物是否存在相互作用。

Organize Your Medication

- Store your medicines in a place that will help you remember to take them.
- Use a calendar or pillbox to help you keep track of what you need to take.
- **Always check that you have the right medicine!**
- Try to use one pharmacy so that all of your medication can be picked up at one location.
- Dispose of medication that is no longer needed or expired.
- Review your medication list with your doctor at least once a year.



管理·您的藥物

- 將您的藥物擺放在有助於提醒您服用藥物的地方。
- 使用日曆或藥盒來幫助您追蹤所需服用的藥物。
- **每次確認自己服用正確的藥物！**
- 固定使用同一家藥房，以便您可以在同一地點領取全部的藥物。
- 正確處理不再需要或過期的藥物。
- 每年至少一次整理您的藥品清單，並與醫生溝通。

Refill Your Medication On Time

- Make sure you don't run out. Talk to your doctor about **extending your prescription days** and **setting up automatic refills** at your local pharmacy.
- Ask your health plan if they offer free home delivery service.
- Manage your supplies, especially during travel.



補充·您的藥物並按時領取

- 確認您的藥物數量充足。和您的醫生討論 **延長您的處方藥天數**、以及加入您目前藥房的 **自動補充藥物服務**。
- 詢問您的健保計劃是否提供免費藥物郵寄到府的服務。
- 有外出旅遊計畫時，注意攜帶充足的藥品。

QUESTIONS TO ASK WHEN TAKING NEW MEDICATIONS 服用新藥物時應該需要諮詢的問題

✓ **What is the name and dosage of the medication?**
藥物的名字和劑量是什麼？

✓ **When do I need to take it and for how long?**
什麼時候我應該服用、以及我需要持續服用多長時間？

✓ **What are possible drug interactions?**
我的藥物可能有哪些相互作用？

✓ **Why do I need it?**
為什麼我需要服用此藥物？

✓ **What side effects might I experience?**
可能會發生的副作用有哪些？

✓ **What should I do if I miss a dose?**
如果錯過服藥時機我該怎麼做？

