

Personal Medication List

Printable medicine record for clinic and emergencies

Keep this list updated

- Include prescription medicines, inhalers, insulin, injections, eye drops, vitamins and supplements.
- Write the exact strength and how often you take each medicine.
- Record drug allergies and the reaction you had.
- Carry a photo or printed copy when visiting a new doctor or hospital.

#	Medicine & strength	Dose/time	Why taken	Prescriber
1				
2				
3				
4				
5				
6				

Allergies / important reactions

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.