

# My Medication List

## Why should I keep a list of my medications?

It's a good idea to keep an up-to-date list of the current medicines you take (for PCOS and for any other reason). We suggest that you make a photocopy of the My Medication List, fill it out, and bring it with you to your next medical appointment. You'll then be able to review your medicine with your health care provider.

## How do I use "My Medication List"?

Write down each medicine (one per box), the dosage, who prescribed it, when you started taking it, the date you stopped taking it (if applicable) and any side effects that you may have when you take the medicine, such as an upset stomach. You can also write down any questions that you want to ask your health care provider, such as: "Does it matter what time of day I take my medicine?", or "What if I miss a dose?"

**My Medication List**

Date \_\_\_\_\_

Medication \_\_\_\_\_  
Dosage \_\_\_\_\_  
Prescribed By \_\_\_\_\_  
Date Started \_\_\_\_\_ Date Stopped \_\_\_\_\_  
Side Effects \_\_\_\_\_  
Questions \_\_\_\_\_

Medication \_\_\_\_\_  
Dosage \_\_\_\_\_  
Prescribed By \_\_\_\_\_  
Date Started \_\_\_\_\_ Date Stopped \_\_\_\_\_  
Side Effects \_\_\_\_\_  
Questions \_\_\_\_\_

Medication \_\_\_\_\_  
Dosage \_\_\_\_\_  
Prescribed By \_\_\_\_\_  
Date Started \_\_\_\_\_ Date Stopped \_\_\_\_\_  
Side Effects \_\_\_\_\_  
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