



Name: _____ Date: _____

Medications

Keep this list updated and handy at all of your medical visits. Be sure to add any over-the-counter medications or supplements you take too.

Name	Reason for taking	Amount (dose)	How many times a day?	Special Instructions? With or without food?	What should I do if I miss a dose?	Are there side effects I should be looking for?

- Always take your medications as prescribed.
- Don't make any changes in when or how you take your medications without consulting your care team first. Ask before starting any new medications, including over-the-counter drugs, herbal remedies or supplements, as some can be hard on the kidneys.
- Talk about any side effects or things that make it difficult for you to take your medications.
- Plan ahead to be sure you get refills of your medicines before your supply runs out.