



KNOW YOUR MEDS



KNOW How to Create a Medication List

A medication list helps you keep track of your medication and supplements, how to take them and why you are taking them



These information can be found on your **medication labels**

Medication List

Name: _____ Updated On: _____

ID No: _____

Medical Conditions: _____ Drug / Food Allergy: _____

Medications / Supplements:

No	Medication Name and Strength	How to Take Medication	Used for



List down medication and supplements you take **REGULARLY** and **WHEN NEEDED**

Remember to include any **vitamins, supplements and traditional medicines**



Bring your medication list to **ALL** appointments

This will help your doctor and pharmacist **know what medication and supplements you are taking**



UPDATE your medication list if there are any changes

Write down the **new date** when you make the changes

Medication List

Name: Muhammad Farhan Updated On: 14 Jan 2022

ID No: SMH1234

Medical Conditions: _____ Drug / Food Allergy: _____

Medications / Supplements:

No	Medication Name and Strength	How to Take Medication	Used for
1	Aspirin 100mg	1 tablet every morning	Prevent blood clots
2	Paracetamol 500mg	1 tablet every 4 hours	Relieve pain
3	Vitamin D3	1 tablet every day	Support bone health
4	Omega-3	1 capsule every day	Support heart health
5	Probiotics	1 capsule every day	Support gut health
6	Herbal Tea	1 cup every day	Relaxation
7	Herbal Tea	1 cup every day	Relaxation
8	Herbal Tea	1 cup every day	Relaxation
9	Herbal Tea	1 cup every day	Relaxation
10	Herbal Tea	1 cup every day	Relaxation



You can also create a medication list on the HealthHub App!



A National Pharmacy Strategy initiative
go.gov.sg/nps



In Collaboration with
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH
SINGAPORE