



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 14 Jan 2022

Name: Mohamed Farhan Updated On: 14 Jan 2022

ID No: SMH22A

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	Heart health
2	Paracetamol 500mg	1 tablet every 4 hours	Pain relief
3	Insulin 100 units/ml	1 tablet every morning	Diabetes
4	Vitamin D3 1000 IU	1 tablet every day	Bone health
5	Proton Pump Inhibitor	1 tablet every day	Stomach acid
6	Statins	1 tablet every day	Cholesterol
7	ACE Inhibitors	1 tablet every day	Blood pressure
8	Diuretics	1 tablet every day	Blood pressure
9	Beta-blockers	1 tablet every day	Blood pressure
10	Calcium Channel Blockers	1 tablet every day	Blood pressure
11	NOVUMEX 500 Tablets	1 tablet every day	Stomach acid



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



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



MINISTRY OF HEALTH
SINGAPORE