

# MEDICINE RECORD AND ALLERGY LIST

**Medicine Record:** Keeping a record of your loved one's medications and allergies will help you manage their medications more easily.

Write down the medications your loved one is taking, including prescription drugs, over-the-counter drugs, and supplements (including vitamins, minerals, and herbals). Your loved one should bring this list to all medical appointments.

Medicine Name	What It Looks Like	How Much to Take	How and When to Use	Why It Was Prescribed	Who Prescribed it

**Allergy List:** A drug allergy happens when there is an abnormal reaction to a medication or dietary supplement. Write down the medications your loved one has had a problem with and their reaction, such as a rash, hives, fever, etc.

Medicine Name	Reaction to Medicine

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