Medication list and reminder record

Use this companion to “Keep a clear medication list and a simple reminder record”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

- ☐ Gather current instructions and medicine packages.
- ☐ Copy medicine names exactly.
- ☐ Include other products to show the clinician.
- ☐ Mark unclear instructions for the doctor.
- ☐ Write the date the current list was checked.
- ☐ Mark older lists as out of date after confirmation.
- ☐ Set reminders only from confirmed instructions.
- ☐ Make sure everyone knows a blank is not a dosing instruction.

2. Details to keep

Medication list and reminder record · Date _____

Person / list checked date

Current medication list — continue on another copy if needed

Medicine name	Confirmed instructions (copy exactly)	Source / checked date

Confirmed reminder time / method

Reminder method and timing must come from confirmed instructions. Questions about a missed or possible repeat dose go to the doctor.

Factual record — a blank is not an instruction to take medicine

Actual event and time	Recorded by	Question for doctor