

My medication, vitamin & supplement list

Take this with you to your specialist appointment

Include everything you take – prescription medicines, medicines you buy yourself, vitamins, supplements and herbal or natural remedies.



Medicines I take regularly

Medicine	Dose / strength	How often do I take it?	What do I take it for?



Medicines I take only when I need them

For example, medicines you sometimes take for pain or other symptoms.

Medicine	Dose / strength	How often do I take it?	What do I take it for?



Vitamins, supplements & natural remedies

What do I take?	Dose / strength	How often do I take it?	What do I take it for?



Medication allergies or reactions

Medicine:

What happened?



Have I stopped taking anything recently?

Sometimes it's useful to tell your rheumatologist about medicines you've recently stopped, particularly if they weren't helping or you had a reaction.

What did I stop taking?

Why did I stop?



Something I want to ask about my medicines or supplements



Not sure of the name or dose?

Bring the packet or bottle with you, or take a photo of the label on your phone.

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appointment.**

