

- Your healthcare professional may not be aware of the medications that you collect from other institutions
- Note down ALL your medicines to ensure you receive the right medications for your conditions

- Do remember to update your medication list regularly, especially after any adjustment to your medications

- Record how many units to be used and how often
- Record any special instructions (e.g. on empty stomach, separate from antacids/milk/iron products) to get the best out of your medicines

Patient's Name: \_\_\_\_\_, IC no.: \_\_\_\_\_

Drug allergies: \_\_\_\_\_  
 Medical conditions: \_\_\_\_\_

Last updated: \_\_\_\_\_

**Long Term Medications/ Supplements:**

Collecting from...	Drug name	Strength/ formulation	Dosing instructions	Indication
Toa Payoh Polyclinic	Aspirin	100 mg Tablet	1 Tablet every morning after food	Blood thinner
Toa Payoh Polyclinic	Atorvastatin	40 mg Tablet	1 Tablet every morning	Cholesterol / Cardiovascular risk reduction
Toa Payoh Polyclinic	Bisoprolol	2.5 mg Tablet	1 Tablet every morning	Protect heart
Tan Tock Seng Hospital	Metformin	250 mg Tablet	1 Tablet three times a day	Diabetes
Tan Tock Seng Hospital	Alendronate	70mg Tablet	1 Tablet every Saturday on an empty stomach	Osteoporosis
Tan Tock Seng Hospital	Colecalciferol	1000 units Tablet	2 Tablets every morning for 6 weeks (end 1/11/20)	Vitamin D replacement
Tan Tock Seng Hospital	Latanoprost	0.005% Eye Drops	1 drop to RIGHT eye every night	Glaucoma

**When Necessary Medications:**

Collecting from...	Drug name	Strength/ formulation	Dosing instructions	Indication
Tan Tock Seng Hospital	Hypromellose	0.3% Eye Drops	1 drop to both eyes four times a day when necessary	Dry eyes
ABC Family Clinic	Aqueous Cream	Cream	1 application three times a day when necessary	Dry skin

- 'Long Term' medications are to be taken regularly, while 'When Necessary' medications are to be taken only when you experience certain symptoms

- Strength refers to the amount of active ingredient(s) in each unit
- Examples of formulations include tablets, capsules, syrup, inhalers, eye drops, etc.

- This is what the medication is used for (ask your Doctor or Pharmacist)
- It helps you to understand why the medication is necessary and when it is needed