



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

Name: \_\_\_\_\_ Updated On: 14 Jun 2022

ID No: \_\_\_\_\_

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	Prevent blood clots
2	Paracetamol 500mg	1 tablet every 4 hours	Relieve pain
3	Insulin 100 units/ml	1 unit every 4 hours	Control blood sugar
4	Metformin 500mg	1 tablet every 12 hours	Control blood sugar
5	Statins 20mg	1 tablet every day	Lower cholesterol
6	ACE Inhibitors 10mg	1 tablet every day	Control blood pressure
7	Beta-blockers 10mg	1 tablet every day	Control blood pressure
8	Diuretics 20mg	1 tablet every day	Control blood pressure
9	Calcium Channel Blockers 30mg	1 tablet every day	Control blood pressure
10	Anticoagulants 5mg	1 tablet every day	Prevent blood clots



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



Learn basic skills to manage medications

[moh.gov.sg/knowyourmeds](http://moh.gov.sg/knowyourmeds)



A National Pharmacy Strategy initiative  
[go.gov.sg/nps](http://go.gov.sg/nps)



In Collaboration with  
Pharmaceutical Society of Singapore



MINISTRY OF HEALTH  
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