
What to Bring to Your Doctor or Pharmacist

List everything you take, including things you only take occasionally (Chapter 12). Or bring the whole bag.

Prescription medicines

Medicine	Dose	Times a day	Taking since	Prescribed for

Over-the-counter medicines, vitamins, minerals, herbs, powders, medicinal teas

Product	Main ingredients and dose	Times a day	Taking since	Who suggested it	What it's for

Product	Main ingredi- ents and dose	Times a day	Taking since	Who sug- gested it	What it's for
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I am (tick if yes):

- ☐ Taking a blood thinner or antiplatelet medicine
- ☐ Pregnant, planning a pregnancy or breastfeeding
- ☐ About to have surgery, a tooth extraction or another procedure
- ☐ About to have a blood test (and taking biotin)
- ☐ Experiencing numbness or burning in my hands or feet

Three questions for your doctor or pharmacist

1. Do any of these overlap?
2. Do any interact with my medicines?
3. Can I stop any of them?

Answers and next steps:
