

Medication List for Aging Parents

Copy each name, dose, and time from the label.

This is general information, not medical advice. Talk to the care team before changing any medication. In an emergency, call 911.

Name _____ Date of birth _____ Last updated _____ Pharmacy and phone _____

Copy the times from the label or the care team, as prescribed. VIPCall does not suggest times.

Medicine (name and strength)	Dose as prescribed	When to take	What it is for	Prescriber	Notes
		☐ Morning ☐ Midday ☐ Evening ☐ Bedtime As needed / other _____			
		☐ Morning ☐ Midday ☐ Evening ☐ Bedtime As needed / other _____			
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A complete list means every doctor sees the whole picture.

Bring this to every appointment

- ☐ Bring this list, or the medicine bottles, to every doctor visit, pharmacy visit, and hospital stay.
- ☐ Add a new medicine as soon as it starts. Update the list when a dose changes.
- ☐ Ask the doctor and pharmacist whether every medicine is still needed.
- ☐ Keep one copy at home and one in your parent's wallet. Give one to each family caregiver.

A list in hand turns every visit into a clearer conversation.

Allergies and bad reactions

Tell every provider, including about reactions from long ago.

Medicine allergies

Food or other allergies

Past bad reactions to a medicine,
and what happened

Written down once, it speaks up at every visit.

Medicines stopped or changed

Record each change the day it happens.

Medicine	What changed	Who said so	Date

Do not stop or change a medicine without asking the care team.

A record of changes makes every refill and every visit simpler.

Emergency contacts and care team

Role	Name	Phone
Family contact		
Family contact		
Primary care doctor		
Pharmacy		
Specialist		

In an emergency, call 911.

With the right numbers in one place, help is a quick call away.