



Procedure: Engaging Your Patient To Create a Medication List

Prepare a complete and accurate medication list with your patient.

1. Thank the patient for bringing in the medications.
2. Use the word “medicine” instead of medication when speaking to your patient. It is more likely to be understood.
3. Using the Medication List form, go through the prescription medications one by one.
 - a. Write down the medication name, prescribed dose, and prescribed frequency.
 - b. Ask the patient what the medication is for and document why the patient takes it.
 - c. Check whether the medication is expired and note that on the Medication List form.
 - d. Check whether the prescription indicates that no refills remain, and note on the Medication List form that a refill may be needed.
 - e. Ask the patient how he or she takes the medication. Ask when he or she takes it and how much. Check on the form whether the patient is taking the medication as prescribed.
 - f. If the patient is not taking the medication as prescribed, try to find out why.
 - g. Repeat this process until you have a complete list of all prescription medications, including non-oral medications such as injections, inhalers, ointments, and drops, as well as medications only taken occasionally.



4. Using the Medication List form, go through the over-the-counter medications, vitamins, and herbal medicines one by one.
 - a. Write down the name. Ask the patient how much he or she takes and when, and then record the dose and frequency on the form.
 - b. Ask the patient what the medication is for and document why the patient takes it.
 - c. Repeat this process until you have a complete list of all over-the-counter medications, vitamins, and herbal medicines.
5. Ask the patient whether he or she has remembered all the medicines, encouraging the patient to disclose everything. If the patient could not bring in something, was unsure about something, or thinks he or she has forgotten something, note that on the Medication List form.
6. Suggest that the patient throw away any expired medicines.
7. Make the clinician aware of any prescription that is not being taken as prescribed and the reason, if you were able to determine it.