

A photograph of a woman with short brown hair and glasses, wearing a yellow sweater and a grey scarf. She is smiling and looking down at an orange pill she is holding in her hands. The background is a blurred kitchen or living area.

LONG-TERM MEDICATION USE

Keep a list of all medications.

Talk to a health care provider...

To be sure your long-term medications are still working for you.

It is important to keep an up-to-date list of current medications including vitamins, supplements, and over the counter medications.

For each medication you take, it is useful to know and record:

- What the purpose of the medication is
- How you will know if the medication is working
- Possible harms or side effects of the medication that you should watch out for
- How long you will have to take the medication