

## List of Current Medications (Sample Illustration)

**Patient name:** XYZ

**DOB:** DD-MM-YYYY

This is an example of a patient keeping a list of her current medications with both brand names & compositions. The purpose is to easily track intake without missing any item. Especially useful while traveling.

Medicine Rx Brand Name (Salt Name)	Before Breakfast	After Breakfast	After Dinner	Purpose
<b>NEXPRO 40</b> (Esomeprazole 40 mg)	1	-	-	Gastro
<b>CARDACE H 10 mg</b> ( Ramipril 10 mg +Hydrochlorothiazide 12.5 M)	-	1	-	BP
<b>CARCA 6.25 mg</b> (Carvedilol 6.25 mg)	-	1	1	Heart
<b>KORANDIL 5</b> (Nicorandil 5 mg)	-	1	1	Heart
<b>CARDACE 5</b> (Ramipril 5 mg)	-	-	1	BP
<b>ROZALET 20</b> (Rosuvastatin 20 mg + Clopidogrel 75 mg)	-	-	1	Thinner /Cholesterol
<b>ROLIFLO 2</b> (Tamsulosin 0.4 mg +Tolterodine 2 mg)	-	-	1	Urinary

- Vitamin Supplement-Turmeric/Vit D/Multivitamin
- SOS: Gaviscon/ Unienzyme

Note: Please make a list of your regular medicines in a similar format and keep it handy with you and your caregiver. Keep a copy of your health records.