

You & Your Medications

Use these five steps to get the most out of your medications



**Myositis Support
and Understanding**

Use the forms below and keep with you!

Medications can be powerful allies in managing Myositis, but can be dangerous if misused or not understood. Be sure to address any questions or concerns with your doctor or pharmacist.

Follow these steps to get the most out of your meds:

- 1. Make a list of your medications**, including any adverse reactions and medication allergies.
- 2. Tell your physicians about your medication history** including recently stopped medications.
- 3. Follow your physician's directions** on how much and how often to take medications. Be sure to take medications for the full duration prescribed.
- 4. Ask for written instructions** or the package insert for each prescription drug you take. This will provide more information about the potential drug interactions.
- 5. Ask questions:** Why am I taking the drug? What's the dose? When should I take it? What happens if I miss a dose? What are the side effects? Should I avoid anything while on this medication (sun, foods, drinks, other medications, supplements)?

My Personal and Health Information

Name: _____ **Street Address:** _____

City/State: _____ **ZIP:** _____

Phone: _____ **Date of Birth:** _____ **Diagnosis:** _____

Physicians: _____

Describe allergic reactions: _____

Be sure to include all prescriptions, over-the-counter medications, vitamins, and herbal supplements. You can continue adding medications on the back side of this sheet if you need more room.

Date	Medication/Dose	Directions	Notes

** This information was compiled by Myositis Support and Understanding Association, a 501(c)(3) organization which provides support and education to Myositis patients, their support systems, and healthcare providers. For more information visit our website at UnderstandingMyositis.org.*

** The information contained in this document is not intended to be taken as medical advice. Be sure to consult with your physician and other healthcare providers before making any healthcare decisions.*