



# My Personal Medications List

What medications are you currently taking? Share this information with your doctor or rheumatologist.

## My Medications List

Keeping an up-to-date list of all the medications you take on a regular basis can help your doctor or rheumatologist treat your rheumatoid arthritis (RA). List all of the medications that you take below. Be sure to include over-the-counter medicines, herbal remedies, and supplements.

| Medication Name<br>(include generic) | Dose<br>(such as 5 mg) | How Often?<br>(such as daily or 3x/day) | Prescriber/Doctor<br>Who Ordered? | Reason for Taking? |
|--------------------------------------|------------------------|---|-----------------------------------|--------------------|
|                                      |                        |   |                                   |                    |
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## Allergies to Medications

Use the following chart to list any allergies you may have to medications.

| Medication Name | Reaction |
|-----------------|----------|
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Bring this list to your next appointment. Together, you and your rheumatologist can find a plan to manage your RA.