HONEST LITTLE APPS / PRIVATE PAPER COMPANION

Medication-list update notes

Prepare one question. Keep the source and revision date visible.

Use alongside your complete medication list. This sheet does not tell you to start, stop, skip, repeat or change a medicine. Ask your pharmacist or prescriber about unclear instructions.

1 Identify the versions

List I brought / last revised: _____

Other source / date (for example, appointment summary):

_____

Date prepared: _____ Review conversation on: _____

2 Mark one detail to clarify

Item or row on my existing list:

_____

☐ Name ☐ Strength ☐ Directions ☐ Status ☐ Other

What differs, or is missing? Copy the source; do not guess.

_____

_____

3 Bring a clear question

What do I need the pharmacist or prescriber to confirm?

_____

_____

After the conversation: confirmed source / next record update

_____

Current complete list last revised: _____ Older copies reviewed?

[ ] Done [ ] Not yet

Fictional example: a paper list says "May"; a phone photo says "April". Ask which reflects the latest confirmed instructions. A newer date alone does not prove the contents are current.

General guidance: FDA, Create and Keep a Medication List for Your Health. Original worksheet, not an FDA form or endorsement. Full source and text version are on the web companion.

Optional app: DoseBeacon on the App Store

Honest Little Apps publishes DoseBeacon and this separate free companion. Native app: free limits and optional paid Family features; check Apple for current terms. Keep completed notes private.