

List all of the medications you take. Include prescribed and over-the-counter ones, herbals, supplements, and vitamins. Fill in the information you know. If you take more than 12 medications, copy this chart before you make your list.

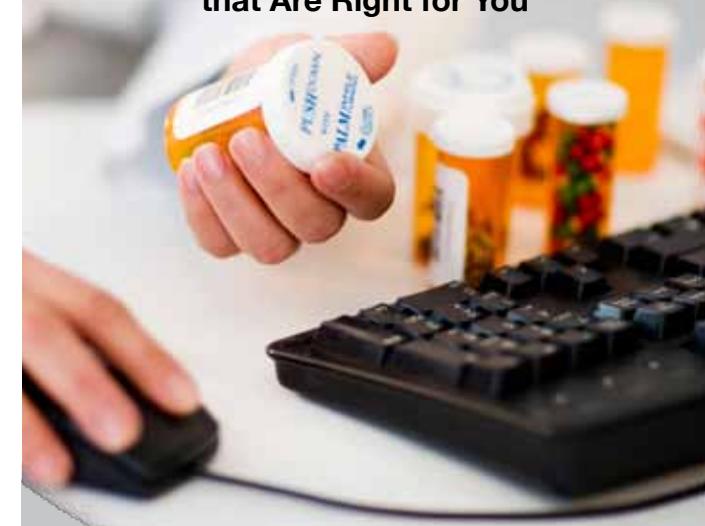
Medication Name	Dose	How often you take this	Date you first took this	Why you take this
<i>Example: Lisinopril</i>	<i>10 mg</i>	<i>1 X day in a.m.</i>	<i>Oct. 2001</i>	<i>To lower blood pressure</i>
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				

You can also keep an up-to-date list of all of your medicines on My HealtheVet at www.myhealth.va.gov. You can register for this at this Web site or at a VA clinic visit.

VA HEALTH CARE | Defining **EXCELLENCE** in the 21st Century

Medication Reconciliation

Make Sure You Take the Medicines that Are Right for You



VA HEALTH CARE | Defining **EXCELLENCE** in the 21st Century

Department of Veterans Affairs
Northern California Health Care System

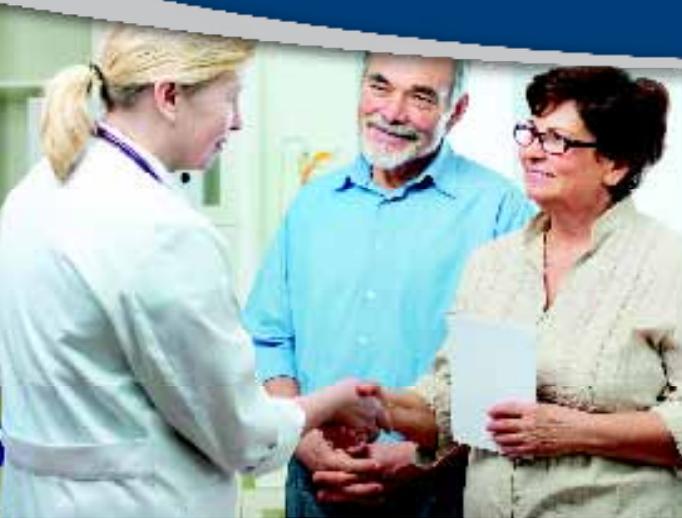
VETS Connect
800-382-8387

Advice Nurse available 24 hours a day, 7 days a week
Advice Nurse | Appointments | Eligibility Questions

Department of Veterans Affairs
Northern California Health Care System
www.NorthernCalifornia.va.gov

Telephone Care Program: **(800) 382-8387**
Advice Nurse available 24 hours a day, 7 days a week
Advice Nurse | Appointments | Eligibility Questions

What is “Medication Reconciliation?”



“**Medication Reconciliation**” is a process that makes sure the medications you take are safe for you and meet your needs. Medications you are taking at home should match ones that you are advised to take when you:

- Leave a VA clinic visit
- Go to the emergency room
- Check into a hospital
- Are discharged from the hospital

This safety process crosschecks prescribed and over-the-counter (OTC) medications to help prevent:

- Taking the wrong medicine or taking it the wrong way
- Harmful interactions with other medicines you take or health conditions you have
- Problems caused by mixing medicines with alcohol or certain foods
- Taking medicines you do not need

What Do You Need to Do?



1. Keep an up-to-date list of all medications that you are taking. Include:
 - Ones prescribed by your VA health care team and non-VA providers
 - Over-the-counter (OTC) medicines, such as ones you take for pain, allergies, coughs, and heartburn. Include ones you take by mouth and ones you rub on your skin.
 - Vitamins, minerals, other dietary supplements, and herbals, such as St. John’s wort.
 - Special foods and drinks, like energy bars and protein drinks

List your medications in the medication chart in this brochure and/or on the My HealthVet Web site for Veterans. Register for this at www.myhealth.va.gov.

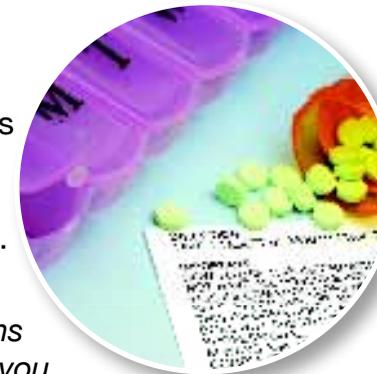
2. Carry a copy of your medication list in your wallet or purse to show VA and non-VA health care providers.
3. Use one place for your primary health care. Make sure it has an up-to-date list of all of your medications and treatments.
4. Ask your doctor, nurse, or pharmacist to explain anything you do not understand about your medications.

Get the Facts about Your Medications.

Speak up! Ask questions.

- Why do I need this medicine?
- How much, how often, and how long will I need to take this?
- Is this an extra medicine or does it replace another one I take?
- What side effects do I report and which ones alert me to stop taking the medicine right away?
- What should I do if I miss a dose?
- What foods, beverages, or activities should I avoid while I am taking this medicine?
- Is it safe to take this with other medications and dietary supplements that I take?

If you have questions about your medications ask your health care team or your pharmacist.



Note: To have your prescriptions filled by the VA, you must be enrolled in a Primary Care Clinic and seen by a VA Primary Care Provider.

Things to Tell Your Health Care Team

- Allergies or bad side effects you have had to medicines
- If you have problems taking your medications
- If you have changed, added, or stopped any medication and why

What is the VA’s Role?

- Your health care team compares your medication list with what is in your VA medical record and checks for harmful interactions and other problems that could occur between your medications and:
 - Other medications you take
 - Health conditions you have
 - Foods. Examples are grapefruit and grapefruit juice which should be avoided if you take certain medicines, such as some statin drugs that lower cholesterol.
 - Alcohol
- You and your health care team decide on a final list of all the medications you should be taking. This includes changes you have decided on together.
- You get a new list to take with you to your non-VA providers. Make a copy of this to keep in your wallet or purse.

The VA cares about you and wants you to have the best and safest care possible. Work with your health care team to make sure you take the medications that are right for you.

