

CANCER EXPLAINED PRESENTS

A FILL-IN WORKSHEET

MEDICATION LIST TEMPLATE

One page to record everything you take

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI** · UPDATED **2026-11-10**
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Medication List Template

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cancer explained.org

1 For each medicine, write down

Name of the medicine: _____

Dose (e.g. 50 mg): _____

How often and when you take it (e.g. once daily, with breakfast):

_____

Why you take it: _____ Who prescribed it:

_____

Start date, and any planned stop date: _____

2 Don't forget to include

- ☐ Over-the-counter medicines (pain relievers, antacids, sleep aids).
- ☐ Vitamins, minerals, and herbal or dietary supplements.
- ☐ Creams, patches, inhalers, eye drops, and injections.
- ☐ Anything you take only occasionally or as needed.

3 Also record

Allergies or bad reactions to medicines: _____

Your pharmacy name and phone number: _____

The date you last updated this list: _____

My medicines

Medicine	Dose	When I take it	Why I take it	Prescribed by

THE BOTTOM LINE

Bring an up-to-date medication list to every appointment — and ask your healthcare team to review it with you.

Sources: NCI: Questions to ask your doctor (cancer.gov/about-cancer/coping/questions)

Learn more in plain language: cancerexplained.org/diagnosis/preparing-for-appointments · **Updated:** 2026-11-10

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