

My Current Medications and Allergies

Keep this updated and bring it to every appointment. Include prescriptions, over-the-counter items, and supplements.

Important, please read. This document is for general educational and informational purposes only. It is not medical, legal, or professional advice, not a diagnosis or treatment, and not a substitute for care from a qualified clinician. It may not apply to your situation or the rules of your state. Do your own research and talk with your own clinician before acting on anything here. If you are in crisis or feel unsafe, call or text 988, call 911, or go to the nearest emergency room. shrinkMD provides scheduled, non-emergency telepsychiatry, doesn't prescribe controlled substances, and isn't an emergency service.

Medications and supplements

Name	Dose	How often	Prescriber / reason

Allergies and past reactions to medication
