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INDEPENDENT, OBJECTIVE AND EVIDENCE-BASED

Medication list

You can find this medication list in the form of a chart for you to print out and use here: **Medication list** (URL:

<http://www.informedhealthonline.org/medication-list.download.2bc92181f751fb70770c5e6360f19439.html>) (PDF)

List all of the medicines that you use: prescription and over-the-counter medicines, as well as herbal products and dietary supplements; in the form of pills, capsules, inhalers, creams, suppositories, etc.

The list should have the following information in it:

- Name of the medicine
- Single dose and form
- What is the medication for?
- What dose should I take, and when?
- Special notes
- Start of treatment
- End of treatment or check-up

For example:

- Name: Ibuprofen
- Single dose: 800 mg tablets
- For: Osteoarthritis pain in the knees
- What dose and when: 1 tablet every morning
- Special notes: Take straight after breakfast
- Start of treatment: 20.03.2010
- End of treatment / Check-up: Next family doctor appointment: 03.04.2010

Author: German Institute for Quality and Efficiency in Health Care (IQWiG)

Glossary

dietary supplement

Dietary supplements (also known as food supplements or nutritional supplements) are concentrated vitamins, minerals, trace elements, fibers and/or other substances that are intended to supplement the diet. Advocates of dietary supplements claim that they have a certain, often preventive or strengthening effect on the body. They are available as capsules, pills, powder or ampules, for example. From a legal point of view, dietary supplements rank among foods and therefore – as opposed to medications – do not need official approval. More information is available on the website of the German Federal Institute for Risk Assessment (Bundesinstitut für Risikobewertung, BfR): [To the BfR website \(in English\)](#)

Sources

The German Institute for Quality and Efficiency in Health Care (IQWiG)

The German Institute for Quality and Efficiency in Health Care (IQWiG) was established by legislation to provide evaluations of the effectiveness, quality and efficiency of healthcare services. This includes the assessment of medicines as well as the publication of health information for consumers and patients.

Evidence basis of our health information

Our information is based primarily on systematic reviews of the effects of health care. Systematic reviews are necessary to gain an objective picture of health care. In order to do this, a clear question is formulated. Researchers then find all the relevant studies that could answer this question. They then evaluate those studies.

You can find a list of the evidence and other scientific literature on which this information is based at **www.informedhealthonline.org**

Disclaimer

This information was prepared and published by the German Institute for Quality and Efficiency in Health Care (IQWiG). It is based on the evidence and other scientific literature available at the time of publication. The information is intended for the use of patients in Germany. It is not intended to for use to diagnose illnesses and the information is not intended to substitute for medical advice.