

# Medication Evaluation Worksheet

Our goal is to minimize exposure to medications and decrease drug-induced side effects and interactions.

Drug Name	Reason for Taking	Dosage	Frequency	Side Effects Noted	Date Started	End Date?	Alternative Available?

For drug side effects/warnings/more—see the apps *epocrates* (Best); *Drugs.com*; *WebMD* Online @ [MedShadow.org](http://MedShadow.org) & [MedStopper.com](http://MedStopper.com) for info and help in cutting back on meds

Notes:

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# OTC Drug Evaluation Worksheet

Drug Name	Reason for Taking	Dosage	Frequency	Side Effects Noted	Date Started	End Date?	Alternative Available?
Include only those OTC drugs used frequently or consistently, including: pain relievers (aspirin, Tylenol, Advil, Aleve); cold remedies/allergy relief (antihistamines)/decongestants; and stomach acid reducers (Pepcid, Tagamet, Zantac; Prevacid, Prilosec, Nexium) or other antacids, etc.							

For drug side effects/warnings/more—see the apps *epocrates* (Best); *Drugs.com*; *WebMD* Online @ [MedShadow.org](http://MedShadow.org) & [MedStopper.com](http://MedStopper.com) for info and help in cutting back on meds

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# Vitamin/Mineral/Nutraceutical/Herb Worksheet

Nutraceutical or Herb	Reason for Taking	Dosage	Frequency	Side Effects Noted?	Date Started	End Date?	Beneficial or Seek Alternative?

For the best info on nutraceuticals go to [ConsumerLab.com](http://ConsumerLab.com) (subscription required) or [Healthline.com](http://Healthline.com)

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