HEALTH
UNIVERSITY OF UTAH

My Med Card
DAILY MEDICATION PLAN

Patient Name:			Before Breakfast (no food)	With Breakfast (take with food)	Before Lunch (no food)	With Lunch (take with food)	Midafternoon	Before Dinner (no food)	With Dinner (take with food)	Bedtime	Other
Start Date	Medications Be sure to include: Prescriptions, Over-the-counter medications, herbal medicines, vitamins or supplements	Directions									

Use an extra card if needed to list everything.

- This Med Plan helps you schedule your medication. Your physician, nurse or pharmacist can help you complete this information.
- Keep this card with you at all times. Update it on a regular basis. Always show this card to your doctor, nurse or pharmacist at your visits.