MEDICATION TRACKER

F1RST
FALL INTERVENTION
Reaching Seniors Together
National Safety Council Greater Omaha Chapter

Medications can be a cause of loss of balance and falling, especially diuretics, cardiovascular medications, anti-hypertensives, antipsychotics, antianxiety agents, sleeping medications and anti-depressants. If you feel dizzy or light headed and have a loss of balance, seek help from your health care provider.

Your health care provider will be helpful in evaluating the medications you are taking. Perhaps a relatively simple intervention such as adjusting the dose of your medication will solve the problem. The first step, however, is to communicate with your health care provider and provide him or her your current list of medications including "over-the-counter" medications, supplements, and herbal remedies.

Whether or not you have a loss of balance, an annual medication review conducted by a health care provider or pharmacist, is important. Discuss with them the possibility of reducing or eliminating medications (prescription or nonprescription) that increase falls risk.

Use this "F1RST Medication Tracker" to keep track of all of your medications, dosage and times.

Name of Medication	Daily Doses:	When Taken (Insert Times)
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		
Medication_____	____ Times Daily	___ a.m. ___a.m. ___p.m. ___p.m.
Dosage:_____		

The information presented is intended for educational purposes and should not be considered as professional advice. For further information, please contact the Greater Omaha Chapter of the National Safety Council at 402-896-0454.