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MEDICATION LISTS

(The critical importance of keeping an accurate list of your medications)

You have certainly noticed that every office visit begins with a request to review your medication list. Why is this?

For the most part, your treatment is centered around medications. Although recommendations may be made regarding activities, diet, and other non-medication related issues. Your medications are the mainstay of treatment. Certainly surgeries and other procedures may be needed from time to time, but avoiding such episodes is generally desirable.

Since the medications are central to your treatment, it is critical that we have an accurate list of these medications that reflect exactly what you are taking every day. This should include the medications you are prescribed from this office, as well as from other doctors. It should include over the counter products, as well as prescription items. Some patients forget to list aspirin, a very important medication, because no prescription is required.

If you are injured, or become ill and go to the emergency room, our office may be the place the ER call to find out what medications you are on. An incorrect medication list could be dangerous, or even **life-threatening!** In addition, if your condition begins to deteriorate, a change in your medications or doses is often the key to getting you back on track. It is impossible for us, as your doctors, to make the needed adjustments, if we don't know where we are starting from. We want to do our absolute best to keep you healthy, but we need your help.

We are asking you to bring your medication list to the office for each and every visit. If there is any question at all, bring the actual pills, in their original bottles, to aid in the creation of an accurate medication list.

Your medication list should include:

- The name of the medication, either the brand name or the generic name
- The dose of the pill (not its color or shape)
- The number of times you take it each day, and the time that you take it

It is also helpful to keep a list of medications that you have been on that caused any problems, reactions, or other issues, so that they are not prescribed to you again.

Please help us to provide you with the best medical care possible. We need you on your own healthcare team.

