

Medication and Supplement Summary

Name: _____ Date: _____ MD/NP: _____

Hormones/Birth Control:

<i>Medication Name:</i>	<i>Dose / Strength (e.g. 1 mg):</i>	<i>How many times per day?:</i>	<i>For VHI-Average:</i>

Pain Medications (Including Over the Counter meds):

<i>Medication Name:</i>	<i>Dose / Strength (e.g. 1 mg):</i>	<i>How many times per day?:</i>	<i>For VHI-Average:</i>

Other Medications:

<i>Medication Name:</i>	<i>Dose / Strength (e.g. 1 mg):</i>	<i>How many times per day?:</i>	<i>For VHI-Average:</i>

Supplements / Vitamins / Homeopathic Therapies / Chinese Herbs:

<i>Name:</i>	<i>Frequency:</i>	<i>How long taking this?:</i>	<i>For VHI</i>

New Allergies or Side Effects? No Yes - If Yes, please describe:

<i>Pharmacy Name, Location and Tel #:</i>	<i>Compounding Pharmacy Name, Location and Tel #:</i>

The above information is correct as of today: Initial and Date: _____

PATIENT EXAMPLE

Name: _____ Date: _____ MD/NP: _____

Hormones/Birth Control:

Medication Name:	Dose / Strength (e.g. 1 mg):	How many times per day?:	For VHI-Average:
Estrace Tablets	1 mg	1 every am	
Vivelle Dot	0.1 mg	1 patch every 2-3 days	

Pain Medications (Including Over the Counter meds):

Medication Name:	Dose / Strength (e.g. 1 mg):	How many times per day?:	For VHI-Average:
Norco	10/325	1-2 every 4-6 hours when in pain – LD: 8:30 am	
Percocet	10/325	1 every 4-6 hours	

Other Medications:

Medication Name:	Dose / Strength (e.g. 1 mg):	How many times per day?:	For VHI-Average:
Synthroid	75 mcg	1 every am	
SR T3 compound	7.5 mcg	1 every am and noon	
Borox Suppositories		Cycle day 14-21	

Supplements / Vitamins / Homeopathic Therapies / Chinese Herbs:

Name:	Frequency:	How long taking this?:	For VHI
DIM	1 pill every morning	2 years	
Ultra InflammX shakes	2 x a day	5 months	
Insinase	2 x a day	5 months	

New Allergies or Side Effects? No Yes - If Yes, please describe:

I notice that I get a rash on my neck when I take the Synthroid.

Pharmacy Name, Location and Tel #:	Compounding Pharmacy Name, Location and Tel #:
Walgreens on Santa Cruz Ave in Los Gatos, CA Tel: (408) 123-4567	Silicon Valley Pharmacy on Winchester in Los Gatos, CA Tel: (408) 345-6789