

Prescription Drug/Supplement History of SAMPLE, BIRTHDATE

Frequency	Name	Dose	Used Since	Doctor	Notes
Daily					
	Aspirin	81 mg	12/10/2005	N/A	For inflammation/blood thinning
	Calcium Magnesium Zinc	1,000mg	1/1/2004	N/A	For bone health along with vitamin C
	Centrum Multivitamin	1	6/1/1977	N/A	For general health
	Lipitor	20mg	12/19/2005	Smith	For high cholesterol (prescription on auto-refill)
	Lisinopril and Hydrochlorothiazide	10-12.5	9/24/2008	Smith	For high blood pressure - chronic cough, some asthma (off since 5/22, less coughing)
	ProAir HFA albuterol sulfate	1 puff	1/1/2000	Smith	For asthma
	Vitamin C	500 mg	1/1/2004	N/A	For bone health, taking in conjunction with Chleated Calcium Magnesium
	Zolpidem (Ambien)	5mg	1/18/2008	Green	For insomnia, works slightly (but, as of spring 2009, may not be working anymore)
Occasionally					
	Advair (250-50 disk)	2 puffs	7/1/2004	Smith	For bronchitis (2004, 2005, 2008)
	Aleve	2 pills-22	1/1/1995	N/A	For cramps, sometimes for sinus headaches
	Combivent	1 puff	7/1/2004	Smith	For bronchitis
	Flonase	2 sprays,	7/1/2004	Smith	For sinusitis
	Prednisone	pack with	8/1/2006	Smith	For skin allergy (some plant that comes out in August)
	Prochlorperazine compazine	10 mg	8/17/2004	Pillar	For migraine
Post-surgery					
	Cipro	100/500m	7/26/2007	Jones	For possible post-op infection (upped to 500 mg on 7/30)
	Ibuprofen	600 mg	7/22/2007	Jones	For post-surgical pain, alternated with Oxycod/Apap (Percoset) after surgery; took low doses, saved for nighttime
	Metronidazol/Flagyl	500mg	7/30/1007	Jones	For possible post-op infection (headaches, listlessness)
	Morphine	unknown	7/20/2007	Jones	For post-surgical pain, took for 24 hours after surgery on 7/20/07 (time distortion, listlessness)
	Nifedical/Procardia XL	300mg	7/21/2007	Jones	For high blood pressure (mild dizziness) - initially lowered BP, but no evidence it worked after about five days

Frequency	Name	Dose	Used Since	Doctor	Notes
	Oxycod/Apap Percoset	5-325 mg	7/21/2007	Jones	For post-surgical pain, alternated with Ibuprophen (mild dizziness) used sporadically after 5 days
Stopped Taking It					
	Amlodipine	5 mg	4/5/2007	Smith	For high blood pressure (severe dizziness and confusion) stopped after 8 days
	Lunesta	1 pill	10/31/2005	Smith	For insomnia (made insomnia worse)
	Omega-3 Fish Oil	1000 mg	10/15/2004	N/A	For lower cholesterol (may have actually helped raise my cholesterol)
	Provigil	200 mg	5/17/2007	Taller	For daytime focus and combat sleepiness, helped with focus some but prescription is not covered by insurance
	Rozerem	8 mg	4/5/2007	Smith	For insomnia; failed to work
	Temazepan	30 mg	8/18/2004	Smith	For insomnia, alternated with Trazadone - no longer works (2/05)
	Trazodone	100 mg	2/11/2004	Smith	For insomnia, alternated with Temazepane - no longer works (2/05)