**Anne G. Coleman, M.D., P.A.**

**375 Municipal Dr., Ste. 128**

**Richardson, TX 75080**

**Phone 972-669-4111**

**Fax 972-669-1418**

 **REQUIRING a medication and supplement list every visit saves me time, improves the accuracy and completeness of your records and helps to decrease the risk of an adverse reaction.**

 I require that you bring a list of any medications and supplements that you take to every appointment. If you do not know whether I may be familiar with one of them, I would like you to bring the bottle.

 **Why do I have to bring it every time? Why can’t you just use my list from last time?** Treatment decisions are made at most visits. Though you can use your last list as a starting place if you forget, it has been my experience that most people have some changes between visits. This is due to running out of supplements, adding something new from the store or seeing another physician. Occasionally patients just forget to refill prescriptions and supplements. If you use your old list you are required to rewrite it to be certain it is correct.

 **Why do you want the list?** The most important reason is to help prevent any harm from dangerous mixtures of meds or supplements. The next thing is to make certain important issues are not being forgotten, like refills. All refills need to be done in the office.

 **My list if so long, I cannot do this every visit.** If you are on multiple supplements or meds it is crucial that I be aware of them. I recommend, if possible you put the list on a computer, check it and print it before your visit.

 **My list is only three things, I will just tell you.** I would prefer it written so we can be certain to have the correct spelling and dose. It will also trigger for me to think about additional supplements you may then be needing to optimize your health potential.

 **I don’t want to do it.** Because I believe it is so very important, if you are not willing to do this, I recommend you find another physician.

 **You know everything I am taking.** I cannot be certain unless I take time each visit to make sure you still take what I recommended and that you have not added anything on your own. Requiring a med/supplement list every time saves me time, improves accuracy of your records and helps decrease risk of an adverse reaction.

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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