

5 Reasons to Bring Your Medication to All Medical Appointments

Five key reasons to bring your medications to every medical appointment, including improving accuracy of your health records, avoiding dangerous drug interactions, and helping providers tailor care. The guide highlights how sharing current prescriptions, supplements, and over-the-counter drugs strengthens communication, prevents errors, and supports better treatment decisions. Following this habit can enhance safety, streamline visits, and ensure your care team has a complete picture of your medication use.

Medication is generally safe when used as prescribed, but there are risks when taking multiple medications. Surprisingly, antibiotics are one of the top medications resulting in ER visits for adverse drug events – resulting in an estimated 200,000 ER visits per year, which is almost one in six ER visits related to medications.

“Whether you’re going to your primary care doctor, urgent care, or the ER, always grab your medications on your way out the door,” says Dr. Stephen Giorgianni, a primary care provider at Complete Health Ormand Beach West and Complete Health’s Chief Physician for Metro-Daytona. “It’ll help ensure you get the best care possible at your final destination.”

Here are the reasons you need to bring your medication to all medical appointments:

1. **Usage confusion** – Instructions on a pill bottle can be easily misunderstood. Talking with your provider about how you are taking your medication will help verify proper usage.
2. **Bring the bottles** – Medications come in various dosages and recommended schedules. Share with your doctor how often and how much you take to ensure it was prescribed correctly.
3. **Avoid dangerous reactions** – Receiving prescriptions from multiple doctors is common. Talking with your primary care doctor about everything you are taking will help avoid potentially dangerous reactions.
4. **Get ahead of your refills** – Reviewing the number of refills you have left on your prescription during your doctor’s visit can save you time later.
5. **Bring your over-the-counter medications and vitamins** – Certain dietary supplements can change the absorption and metabolism of prescribed medication. That can affect the potency, resulting in getting too much or too little of what you need from the medication.

It is common for medical providers to find at least one potential problem with a patient’s medication regimen during a visit. It is important to be honest with your provider about which medications you are on, why you are on them, and how often you truly take them.

<https://completehealth.com/blog/5-reasons-to-bring-your-medication-to-all-medical-appointments/>

What should you bring when you go to the doctor's office?



Be sure to bring all your medications in their pill bottles with you to your appointment. Also bring any over-the-counter drugs and herbal supplements with you. Even if you have missed doses or stopped medications, include these drugs and discuss what you have and have not been taking. Only then can your health team make the best changes to your medications.

<https://www.aahfn.org/mpage/bringvisit>

3 Important Reasons to Bring Your Medications to all Medical Appointments

Whether seeing your PCP, an urgent care doctor, emergency room physician, or [cardiologist](#), bringing your medications along will help them provide you with the best care possible and avoid any of the following medication reconciliation problems.

Medication Duplications

Duplicate therapy occurs when a patient takes at least two separate medications from the same class, whether over the counter or prescription. If your physician is unaware of all the medications that you are taking on your own or that have been prescribed by another doctor, he may unknowingly write another prescription for the same or a similar drug. Depending on the type and dosage of medication, serious problems, including emergency situations may result.

Medication Dosage Errors

Past studies have indicated that [improper dosage of medications accounted for the highest volume of medication errors and related fatalities](#). You can do your part to avoid these complications by ensuring that every doctor you see is aware of not only which medications you regularly take, but also how much and how often. No matter how well you think you know your prescriptions, there is always the possibility of forgetting the name or confusing your dosage amount.

Medication Interactions

There are many drugs that have the potential for adverse interactions. While you may not think that your daily medications are risky or worth mentioning, your healthcare team of doctors and nurses have more intimate knowledge of the potential dangers. No matter how innocent or unimportant it may seem, bringing even the most common medications can help your provider avoid a dangerous situation where drugs are unfavorably mixed.

<https://www.cardio.com/blog/3-important-reasons-to-bring-your-medications-to-all-medical-appointments/>