

Medication Interaction Checker Template

Track all medications and supplements to catch potential interactions

List every medication, supplement, and regular OTC product your child takes. Bring this to every medical appointment.

Current Medications

NAME	DOSE	FREQUENCY	PRESCRIBER	START DATE	PURPOSE

Current Supplements

NAME	DOSE	FREQUENCY	BRAND	START DATE	PURPOSE

Interaction Check Steps

- List ALL medications including OTC (Tylenol, Benadryl, etc.)
- List ALL supplements including vitamins and herbs
- Check each pair using an interaction checker (see resources below)
- Ask pharmacist to run a full interaction check at pickup
- Inform each prescriber about all other medications
- Re-check interactions whenever a new medication or supplement is added
- Note any foods that interact (grapefruit, dairy, high-vitamin-K foods)

Free Interaction Checkers

DRUGS.COM INTERACTION CHECKER
[drugs.com/drug_interactions.html](https://www.drugs.com/drug_interactions.html)

MEDSCAPE INTERACTION CHECKER

reference.medscape.com/drug-interactionchecker

WEBMD INTERACTION CHECKER
webmd.com/interaction-checker

NATURAL MEDICINES DATABASE
naturalmedicines.therapeuticresearch.com
(subscription)

IMPORTANT

Supplements can interact with medications just as strongly as other drugs. Common examples: fish oil + blood thinners, St. John's Wort + SSRIs, calcium + thyroid medication, iron + many antibiotics. Always disclose supplements to prescribers.