

CHAPTER 2 COMPANION

Medication and Supplement Safety Gate

Organize the questions that must be answered before anything new earns a place in your routine.

QUICK START
Set aside 15 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

STOP BEFORE YOU START
This is an educational screening worksheet - not an interaction checker. A PASS means your basic questions are answered; it does not guarantee safety. Never stop a prescribed medication based on this worksheet.

1. CURRENT ROUTINE

2. RUN ONE ITEM THROUGH THE GATE

Product or change being considered:

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- ☐ I checked it against all prescription and nonprescription medications I use.
- ☐ I considered my diagnoses, allergies, pregnancy status, age, kidney/liver function, and other personal risks.
- ☐ Every ingredient and dose is clearly disclosed.
- ☐ I know its specific purpose and what outcome I would track.
- ☐ I reviewed timing, spacing, duplication, and combined effects.
- ☐ I know which symptoms or changes mean I should stop and seek help.

PASS	All six questions have credible answers and no unresolved professional-review issue remains.
PAUSE	One or more answers are incomplete, uncertain, or need pharmacist/prescriber review.
NO	A qualified professional identifies a clear reason not to use it, or the label/purpose is not trustworthy.

3. QUESTIONS FOR MY PHARMACIST OR PRESCRIBER

- ☐ Could this change how any of my medications work?
- ☐ Could effects add together - such as bleeding, sedation, stimulation, blood pressure, blood sugar, or serotonin effects?
- ☐ Does it need to be separated from a medication, food, mineral, or laboratory test?
- ☐ Does it duplicate something already in my routine?
- ☐ What side effects or warning signs should I watch for?
- ☐ How will we know whether it is helping?

Notes from the professional review:

YOUR NEXT MOVE

Choose every item that remains unresolved and mark it PAUSE. Bring this worksheet and your complete current list to a pharmacist or prescriber.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.