



## Section C Over-the-Counter Medications

3. Copy the name of the medicine, the strength (include units), and the total number of doses prescribed per day/week/month. Include all pills, liquid medications, eye drops, creams, salves, inhalers (puffers), and supplements.

Medication Name






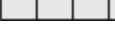






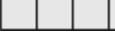


*Print the first 20 letters only - please print clearly*

[illegible]

4. On the average during the last two weeks, how many of these did you take a day/week/month?

Strength (mg, IU, etc.)

Write the decimal as one of the digits

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## Exam 6 Plus Medications

### Interviewer Administered

#### Section D Vitamin D

This participant may be eligible for the MESA INVITE study of vitamin D. To determine eligibility, a detailed inventory of vitamin D dose from all prescribed and over-the-counter medications is required.

Vitamin D may be called vitamin D3, vitamin D2, cholecalciferol, or ergocalciferol. Any of these forms of vitamin D should be recorded. The units of vitamin D dose are usually International Units, sometimes abbreviated as IU and sometimes simply called “units” or U, all of which are equal. Rarely, vitamin D dose may be given in micrograms (mcg or µg). 1 microgram is equal to 40 IU of vitamin D.

For prescription medications, vitamin D is usually prescribed alone or in combination with calcium. Please review all prescription medications to see whether vitamin D has been prescribed, with or without calcium.

For over-the-counter medications, vitamin D is often purchased as a single supplement or may be contained in multivitamins, calcium plus vitamin D supplements, and other mixed supplements. Therefore, please check labels of ALL over-the-counter supplements to determine whether they contain vitamin D.

To record dose, please list ONLY the vitamin D dose per pill, tablet, or capsule. If the pill, tablet, or capsule contains components other than vitamin D (such as calcium or other vitamins), the doses of other components are not needed, and the total dose of the pill, tablet, or capsule is not needed.

Medication name	Dose of vitamin D per pill, tablet, or capsule	IU or mcg	Number of pills taken	Per D, W, or M