**List**

**Medicine**

**Personal**

**Keep in your wallet**

Carrying a list of all the medicines you take may save your life.

### KEEP IN YOUR WALLET

- **Family Doctor**
- **Other Doctors/Providers**
- **Prescriptions filled at**
- **Emergency Contact**
- **Relationship**
- **Other Contact**
- **Important Numbers**

#### IMPORTANT NUMBERS

**NAME**

**PHONE**

**MEDICATIONS**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Dose</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**Allergy Information**

List any allergies or problems you have with medicines, foods, latex, etc. and what happens to you when you take or use them.

**Medication/Drug**

**Food or Other Allergies**

**Other Doctor/Providers**

**Other Contact**

### HOW TO USE THIS CARD

1. **List all medicines** you take. This includes any without a prescription, eye drops, skin patches, vitamins, herbals, birth control, etc.

2. **Use a pencil** so you can make changes.

3. **Keep the card up-to-date.** If you or your doctors make any changes, add or take away any medicine, change the list.

4. **Take the card** with you anytime you go to a hospital, clinic, or doctor.

**ALSO**

- Check refill dates on the prescription label so you don’t run out of medicines.
- Ask your doctor, nurse, or pharmacist to help you learn more about your medicines and how to take them safely.

### SIGNS OF A HEART ATTACK

- Chest pain or discomfort, which can last more than a few minutes, or it can go away and come back. It feels like uncomfortable pressure, squeezing, fullness or pain.
- Pain or discomfort in other areas of the upper body including the arm(s), back, neck, jaw, or stomach.
- Shortness of breath.
- Breaking out in a cold sweat, nausea/vomiting or lightheadedness.

*If you experience any of the signs of a heart attack, call 911 right away.*

### SIGNS OF STROKE

*Sudden onset of:*

- Numbness or weakness of the face, arm or leg (especially on one side of the body)
- Trouble speaking or understanding speech, confusion
- Trouble seeing out of one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

*If you experience any of the signs of stroke, call 911 right away.*
<table>
<thead>
<tr>
<th>MEDICINE NAME / STRENGTH</th>
<th>WHEN I TAKE IT / HOW MUCH</th>
<th>WHAT I TAKE FOR</th>
<th>INFORMATION OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Senicidem 40 mg</td>
<td>Example: 2 tablets twice a day with meals</td>
<td>Example: Blood Pressure</td>
<td>Example: Get bloodwork monthly</td>
</tr>
<tr>
<td>Medicines I take - Including those without a prescription: over-the-counter, vitamins, supplements, herbs, eye-drops, patches, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Date updated: ____________________________

Bring all medicines you take to every health care visit (including those without a prescription).