



Medications control powerful chemicals that cause changes in your body. It is essential to use them correctly.

Your doctor, nurse and pharmacist are trained to help you use your medication safely. But you, as a patient or family member, are the most important member of the health care team. You share the responsibility for safe medication use. Make sure you know your medications, how to take them and why you take them. If there is anything you don't understand about your medications, keep asking questions until you do.

**Keep an updated list** of your medications in your wallet or purse. The list should include:

- 1) name of each medication
- 2) dose of each medication
- 3) purpose of each medication
- 4) how often you take each one
- 5) name of your pharmacy
- 6) month/year you started taking each medication.

Include on this list any nutritional supplements, herbal remedies, over-the-counter (non-prescription) medication that you take, plus any samples given to you by your health care provider

**Anytime your medications change**, revise your list.

**Keep a list of medications** that you cannot take and the reasons you cannot take them. Include any food allergies.

**Show this list of medications to your health care providers and pharmacist** at each visit.

**Have phone numbers** of your health care providers, pharmacist, emergency medical service and poison control center readily available.

**Please tear out the wallet card we've provided and use it to keep track of your medications.**

## OPTIMIZING YOUR MEDICATION USE

**Take your medication list** each time you go to your health care provider's office, especially if you see more than one provider.

**Encourage your prescriber to write the reason** for the medication directly on the prescription.

**Be honest with your health care provider** about whether or not you've been taking your medication as prescribed (or taking supplements or herbal medications).

**Read the label carefully** on your prescription. Make sure you can read the label and that you understand what everything means.

**When receiving a refill** on a medication, check the medication carefully. Make sure the medication is the same shape, size and color as you have been taking. If not, ask your pharmacist to verify that the medication is correct.

**Question anything you do not understand.**

**Take medications as prescribed, even if you're feeling better.** Contact your health care provider if you think you need to stop taking a medication early.

**Store all medications** where children and pets cannot access them.

**Throw away all outdated medications.** Children and pets might get into medications that are thrown into the wastebasket. Some medications might become toxic after the expiration date. Check with your pharmacist about proper disposal.

**Store your medications in a dry area** that does not have changes in temperature. Do NOT store them in the bathroom, over the stove or in the car.

**Don't crush, chew or break any capsules or tablets** unless instructed to do so.

Tear out this medication wallet card, fold in half and keep it with you for reference.

## Medication Wallet Card

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_

Phone: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Phone: \_\_\_\_\_

Drug Allergies: \_\_\_\_\_

Other Allergies: \_\_\_\_\_

## Vaccination Record

Vaccinations	Month/ Year	Month/ Year	Month/ Year	Month/ Year
Diphtheria/ Tetanus				
Pneumococcal				
Influenza				
Other				