

KNOW YOUR MEDICATIONS

- 1. Your medication list know:
 - What the medication is
 - · What time it needs to be taken
 - What the dosage is
 - Know any special instructions you have for the medication (Do you need to take it with food, before meals, do you have routine lab work that must be followed, etc.)
- 2. Keep a record of all your medications, including:
 - Over-the-counter drugs including vitamins, cold medicines, etc.
 - Prescription medications
 - Herbal medications
- 3. Whenever you go for a doctor's visit update your medication list.
- 4. Whenever you visit the hospital or emergency room update your medication list.
- 5. On your medication list you need to include the following personal information:
 - Birthdate
 - Allergies
 - Primary Care Provider(s)
 - Provider(s) Phone Number(s)
 - Immunization Record
 - Existing Medical Conditions
 - Health Insurance Information
 - Emergency contact and phone number
 - Your Pharmacy

ALWAYS KEEP YOUR PERSONAL INFORMATION AND MEDICATION LIST AVAILABLE AND UP-TO-DATE

If you have questions about your medications you can always ask your Primary Care Provider or a Nurse