



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**

