

List all of the medications that you take. Be sure to include:
prescription medications, over the counter (OTC)
medications, herbal medicines, vitamins and supplements.

My Med Card: POCKET MEDICATION RECORD

Patient Name: _____

Patient Birthdate: _____

Patient Phone Number: _____

Emergency Contact for Patient: _____

Emergency Contact's Phone Number: _____

Primary Physician Name: _____

Primary Physician's Phone Number: _____

Primary Physician's Location: _____

Primary Pharmacy: _____

Primary Pharmacy Phone Number: _____

Primary Pharmacy Location: _____

Allergies: _____

Health Problems: _____

Other Health Care Providers and Specialties: _____

Comments (ie, blood type, organ donor status, or other

health issues): _____

Vaccine Dates: Pneumonia:_____ Flu:_____ Tetanus:_____

Card last updated on: _____

Keep this card with you at all times. Update it on a regular basis. Always show this card to your doctor, nurse, or pharmacist.

(name, dose, daily schedule)	Start Date	Stop Date

My Med Card: POCKET MEDICATION RECORD

- To have a pocket-sized Med Card:
- Cut on the dotted line.
 - Discard this portion.
 - Fold in half lengthwise.
 - Fold in half crosswise two times.



Med Card: POCKET MEDICATION RECORD

Complete the Med Card. Always keep this form with you. Be sure your family members have also completed a Med Card

Be sure to write down all the medicines you take. This includes your prescription medicines as well as over the counter products (such as pain relievers, antacids, and antihistamines), herbal medicines, and supplements.

Have your health care provider review your Med Card with you at each visit. This includes your doctor, nurse, and pharmacist.

Ask questions! Discuss any questions you have about your medicines with your health care provider such as doctor, pharmacist, or nurse.

Before you leave your health care provider, be sure you understand the following information:

- Why am I taking this medicine?
- What is the dose?
- How do I use this medicine?
- How will I know if this medicine is working?
- What kind of side effects can I expect?
- What should I do if any adverse effects occur?

Using the Med Card helps prevent errors with your medicines.

- Your health care providers can double check that you are receiving the right dose and check for drug interactions.
- It is important for all health care professionals involved in your care to have a current list of your medicines.
- The Med Card lists any allergies you may have. This helps to prevent you from receiving any of these medicines.
- In an emergency, the information on your Med Card will help your care providers take care of you.
- If you are in the hospital, the Med Card will help your care providers remember to give you all the medicines that you need.

Keep your Med Card Current! Review your Med Card monthly. Make any changes to be sure your card has the most current information.

The Med Card is available at <https://healthcare.utah.edu/pharmacy/med-cards.php>