

**Important Numbers**

Family Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Other Doctors/Providers \_\_\_\_\_ Phone \_\_\_\_\_

Prescriptions filled at: \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Relationship \_\_\_\_\_

Other Contact \_\_\_\_\_ Phone \_\_\_\_\_

**Allergy and Problem Information**

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

Name of Medicine/Drug \_\_\_\_\_

Food or other allergies \_\_\_\_\_

What Happens? \_\_\_\_\_

What Happens? \_\_\_\_\_

### 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 label of prescriptions 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.

**KEEP IN YOUR WALLET**

## Personal Medicine List



[www.uvahealth.com](http://www.uvahealth.com)

**DEVELOPED BY:**  
 Martha Jefferson Hospital  
 UVA-HealthSouth Rehab Hospital  
 UVA Health System

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

