

# KNOW YOUR MEDICATIONS

1. **KEEP A RECORD OF ALL MEDICATIONS**
  - OVER THE COUNTER DRUGS (INCLUDING VITAMINS, COLD MEDICATIONS)
  - HERBAL MEDICATIONS
  - PRESCRIPTIONS
2. **ON YOUR MEDICATION LIST KNOW:**
  - WHAT THE DRUG IS FOR
  - WHAT THE DOSAGE IS
  - WHAT TIME IT NEEDS TO BE TAKEN
  - WHAT SPECIAL INSTRUCTIONS YOU HAVE WITH THE MEDICATION (NEED TO BE TAKEN WITH FOOD, BEFORE MEALS?)
3. **UPDATE YOUR MEDICATIONS LIST**
  - EVERY TIME YOU VISIT THE HOSPITAL OR ANOTHER DOCTOR'S OFFICE
4. **KEEP A PERSONAL RECORD**
  - INCLUDE BIRTHDAY, EXISTING MEDICAL CONDITIONS, IMMUNIZATION RECORDS, ALLERGIES, MEDICAL PROVIDERS AND THEIR PHONE NUMBERS, PHARMACY, EMERGENCY CONTACT, EKG (IF AVAILABLE) AND YOUR HEALTH INSURANCE INFORMATION.

**ALWAYS HAVE YOUR PERSONAL  
INFORMATION AND MEDICINE LIST  
WITH YOU!**

