

The Personal Pocket Medication Card helps you keep track of your medications, supplements and vitamins as well as instructions for each medication.

Here are a few suggestions to help you take medications wisely.

- Your pocket medication card should include the medication's name, strength, dose, frequency and reason for taking the drug, as well as any side effects. Record prescription medications, vitamins, supplements, over-the-counter products and natural or alternative medicine remedies. Record any allergies you have.
- Inform your physician and pharmacist of any herbal or natural remedies you take. Herbal remedies may interact or even duplicate your medications as well as cause allergic reactions.
- Read the label each time you take the medicine. Take the correct amount.
- Never take anyone else's prescription medication and never give your medication to others.
- Keep medications out of reach of children and pets.
- Dispose of all unused medication properly.
- Don't chew, break or crush capsules or tablets unless instructed by your physician. Some medications can be dangerous if taken incorrectly.
- Call your physician's office with any questions.

Patient Information

Name: _____
Date of Birth: _____
Home Address: _____

Phone: _____
Physician: _____
Phys Phone: _____
Pharmacy: _____
Pharm Phone: _____
Emergency Contact: _____

Medical History

1) _____
2) _____
3) _____
4) _____
5) _____

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Medication Allergies

Medical Record #

Vaccinations

(Please note the dates of immunization)

Influenza: _____
Pneumonia: _____
Tetanus: _____
Other: _____

Over-the-Counter Medications

- Allergy Relief/Antihistamines
- Cough/Cold Medications
- Aspirin/Other Pain
- Antacids
- Laxatives
- Sleeping Pills
- Diet Pills
- Herbal/Dietary
 - St. John's Wort
 - Ginko Biloba
- Other (list on Medication Log)

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What Can You Do?



Please carry this list of your home medications with you at all times.

Medication errors are a primary cause of complications in healthcare.

Emergencies can occur and this information is critical for the healthcare provider to avoid reactions related to medications that may be new for you during your stay at our hospital.

www.charlesregional.org / (301) 609-4000



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