Personal Medical Data
Name:
Home Phone:
Cell Phone:
Address:

Physician Information
Doctor's Name:
Speciality:
Phone:
Doctor's Name:
Speciality:
Phone:
Doctor's Name:
Speciality:
Phone:

Doctor's Name:
Speciality:
Phone:

Pharmacy Information
Name:
Phone:

Emegency Contact:
Name:
Phone:

Health Conditions (Please Check)	
Diabetes	
High Blood Pressure	
Heart Disease	
Kidney Disease	
Lung Disease	
Arthritis	
Other:	

Allergies (Please Check)	
Food:	
Medicines:	
Latex:	
Other:	

Over-the-counter Medicines/Herbs/Supplements	
(check all that you use regularly)	
Allergy Relief Medicines	
Cold Medicine	
Laxatives	
Sleeping Pills	
Antacids	
Diet Pills	
Herbal Supplements	
Vitamins	
Aspirin/Other Pain, Headache or Fever Medicine	
Others:	

Medicines/Over-the-counter Medicines/Herbs/Supplements							
Name of Medicine	**Dose**	**Frequency Taken**	**When Taken**	**How to Take**	**For What Condition**	**Side Effects/Concerns**	**Food/Drinks/Medications to Avoid**

Manage Your Medications
• Know what you're taking and why.
• Follow all label directions.
• Record all your medications and when you take them, including over-the-counter drugs and herbs.
• Tell your doctor or pharmacist about any side effects or concerns.
• Throw out medications that have expired.
• Never take others' prescriptions drugs.
• Never keep medications in the bathroom-follow directions for storage.
• Talk to your doctor or pharmacist before you stop laking any prescriptions, or change dosages.
• Know what foods, drinks, other medications or activities should be avoided while taking specific medications.
• Know possible side effects and what to do if they occur.
• Know if a new prescription works safely with other prescription and non-prescription medicines and/or herbs you're laking.
• If you have any questions about your medications, call your doctor or pharmacist.