Medication Matters!

Name ________________________________

Pharmacy Information
Primary Pharmacy __________________________
Pharmacy Phone __________________________

Take me to a
UnityPoint Health® hospital

Doctor Information
Doctor ________________________________
Doctor’s Phone __________________________

My Health Conditions Include:

☐ Arthritis  ☐ Stroke  ☐ Heart Problems  ☐ Liver Problems  ☐ Dentures/partials  ☐ Defibrillator
☐ Diabetes  ☐ Seizures  ☐ High Blood Pressure  ☐ Joint Replacement  ☐ Lens Implant  ☐ Hearing Aid
☐ Cancer  ☐ Lung Problems  ☐ Kidney Problems  ☐ Contact Lenses  ☐ Pacemaker  ☐ Other _________

Advance Directives I Have Completed:  ☐ Living Will  ☐ Durable Power of Attorney for Health Care  ☐ Neither

Immunization Dates:  Tetanus ___________  Flu ___________  Pneumonia ___________

Medical Insurance Information
Primary Medical Insurance Name ________________________________
Number ________________________________
Secondary name/number ________________________________

Update this card and keep it with you at all times. Remember to ask your doctor or pharmacist:

• What is the name of the medication and what is it supposed to do?
• How and when do I take it — and for how long?
• What foods, drinks other medicines or activities should I avoid while taking this medication?
• Are there any side effects? What should I do if they occur?
• Is there written information available about the drug?
Personal Medication Record

For ___________________________________________ Phone ___________________________________________

Height ___________________ Weight ___________________

• List all medications you are taking, **including** over-the-counter drugs, supplements, herbal products, eye drops, inhalers, oxygen, etc.
• Do not list medications you will be on for less than two weeks (for example antibiotics).
• Use a pencil so changes can be made.

<table>
<thead>
<tr>
<th>Date (added/changed)</th>
<th>Medication Name</th>
<th>Strength/Dosage</th>
<th>How Often</th>
<th>Why do you take it?</th>
<th>Prescribing physician</th>
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**Tips for your medication safety:**

• Use only one pharmacy when possible.
• Always present this card at your doctor’s office to be reviewed and updated.
• Always have your pharmacist review this card when a new prescription is added.
• Always carry this card with you.
• Always keep this card current!

To learn more or download additional copies go to [unitypoint.org/ERMedicationMatters](http://unitypoint.org/ERMedicationMatters).