

My Medicine List



capitahealth

List all of your

prescription medicines
vitamins
diet supplements
recreational drugs

over-the-counter medicines (for example, aspirin)
herbs
natural remedies
amount of alcohol you drink each day or week

It's important to include all of this information in case of an emergency.

List the amount that you usually take and how often or what time of day you take it.

Carry this list with you. Share it with your pharmacist, doctor and other caregivers.

Name _____

Blood Type _____

Allergies _____

Emergency contact names and phone numbers

	medicine name	amount or dose	time of day
prescription			
	over-the-counter (for example, aspirin)		
vitamins			

