My Medicine List



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 thi	s 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 an	d phone numbers

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

My Medicine List

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herbs, diet			
supplements,			
natural remedies			
alcohol,			
recreational			
drugs			

This list is part of The Joint Commission's Speak Up[™] patient safety program. The program features brochures on a variety of topics. Speak Up materials are available free of charge at www.jointcommission.org/PatientSafety/SpeakUp.

Speak Up™ encourages the public to:

Speak up if you have questions or concerns, and if you still don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you get. Always make sure you're getting the right treatments and medicines by the right health care professionals. Don't assume anything.

Educate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

Ask a trusted family member or friend to be your advocate (advisor or supporter).

Know what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

Use a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

Participate in all decisions about your treatment. You are the center of the health care team.

The goal of the Speak Up^{TM} program is to help patients become more informed and involved in their health care.