



Using Your Medical Information Wallet Card

**Fill out your
Medical Information
Wallet Card.**

**Cut it out, fold it, and
carry it in your wallet at
all times.**

**Keep the information
up to date and review
it with your doctor and
pharmacist.**

***Medication errors are one
of the main reasons for
health care complications.***

***Carrying the Medical
Information Wallet Card
with you can help keep
you safe and healthy.***

Medication Safety Tips for Patients

Medication errors are one of the main reasons for health care complications. Following these tips can help prevent errors with your medicine.

Talk with Your Health Care Provider — Doctor, Nurse or Pharmacist

- Keep a list of **ALL** the medicines you take (include prescription, non-prescription, over-the-counter, vitamins, herbals, and supplements)
- Keep your list up to date and go over the list every time you visit your health care provider
- Understand how and when you need to take your medicine (for example: take one tablet of Ibuprofen, 300mg, two times a day by mouth and take it with food)
- Use the same pharmacy so you and the pharmacist get to know each other
- Ask questions if you do not understand the instructions for your medicine

Know Your Medicines — Prescription and Over-the-Counter

- Read the informational pamphlet that comes with each of your prescription medicines
- Know what the medicine is for and when you should start seeing results
- Understand what the side effects of your medicine may be
- Read and follow the directions on the medicine bottle
- Know the shape and color of your medicines
- Do not combine different medicines in the same bottle or package
- Learn the brand (for example: Motrin) and generic name (for example: Ibuprofen) for the medicines you are taking

Medicine Interactions: What This Means and How to Avoid Them

- Some medicines should not be taken together
- Ask your doctor or pharmacist if your medicines interact with any other medicine, food, vitamins, or herbals (use your wallet card to review your medicine list)

Things You Need to Tell Your Health Care Provider — Doctor, Nurse, or Pharmacist

- Tell your health care provider if you have problems taking your medicine (such as difficulty swallowing)
- Let your health care provider know if you are or might become pregnant or are nursing a baby
- Tell your health care provider if you have any allergies to medicine or food
- Let your health care provider know if you want to stop taking a medicine
- Tell your doctor or pharmacist if you have a serious side effect from one of your medications

Follow Your Medication Plan

- Take your medicines as directed by your doctor
- Remember to take your medicine. Use a calendar, checklist, or weekly medicine container to help you remember
- Ask your doctor if your prescription will need to be refilled and plan to refill it before it runs out
- Never take another person's prescription medicine, even if you have the same condition

