Over-the-Counter Medicines

(check all that you use regularly)

- ☐ Allergy Relief Medicine
- ☐ Antacids
- ☐ Aspirin/Other Pain, Headache or Fever Medicine
- ☐ Cold Medicine
- ☐ Cough Medicine
- ☐ Diet Pills
- ☐ Laxatives
- ☐ Herbal Supplements
- ☐ Sleeping Pills
- ☐ Vitamins
- ☐ Others (list below)

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_____

_____

Remember to ask

your pharmacists, doctors or other other health care providers:

1. What is the name of the medicine and what is it supposed to do?
2. Is this the brand name or generic name: How and when do I take it and for how long?
3. Are there any monitoring tests required with this medicine (for example, to check liver or kidney functions)?
4. What foods, drinks, other medicines or activities should I avoid while taking this medicine?
5. What are the possible side effects, and what do I do if they occur?
6. Will this new prescription work safely with the other prescription and non-prescription medicines I am taking?
7. Is there any written information available about the medicine? (In large print, or in a language other than English?)

www.bemedwise.org

EDUCATE *before* YOU MEDICATE

knowledge is the best medicine

Medication Wallet Card

BeMedWise Program
at NeedyMeds

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Gloucester, MA 01931
Tel: 978-281-6666
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email: info@bemedwise.org

www.bemedwise.org

Personal Medical Data

Please write in pencil

My name is _____ Date of Birth _____

Home Phone ( ) _____ Work Phone ( ) _____

I am allergic to (please check):

- ☐ Aspirin
- ☐ Insect Bites
- ☐ Antibiotics
- ☐ Other Medicines
- ☐ Food
- ☐ Codeine

My medical condition includes:

- ☐ Abnormal EKG
- ☐ Depression
- ☐ Hearing Impairment
- ☐ High Blood Pressure
- ☐ Angina
- ☐ Diabetes
- ☐ Heart Condition
- ☐ Pace Maker
- ☐ Arthritis
- ☐ Epilepsy
- ☐ Hemodialysis
- ☐ Visual Impairment
- ☐ Other

Doctor's Name _____ Phone ( ) _____

Pharmacist's Name _____ Phone ( ) _____

Notify in Emergency:

Name _____ Phone ( ) _____

All Medicines I am Taking:

Prescription:

_____

_____

_____

_____

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_____

_____

_____

If you have questions about specific medicines, visit www.medlineplus.gov

(Please list your non-prescription medicines on the reverse side.)