



**NEED HELP?** Medicine mistakes, such as taking the wrong product or the wrong dose, can be dangerous. If you make a mistake with medicine or are having any problems with your medicine, you can call The Blue Ridge Poison Center for help. Experts are standing by 24 hours a day, every single day, and they will tell you exactly what to do. The call is free and private. **1-800-222-1222.**

1. On the other side, list all the medications you take. Include your prescription medicines, over-the-counter products, vitamins and herbs, skin patches, and birth control.
2. Keep the card up to date. Use a pencil so you can make changes.
3. Fold on dotted lines. Take the card with you every time you go to a clinic, hospital, or visit any health care provider (HCP). Show the card to your HCP so they can help you avoid problems.

### HOW TO USE THIS CARD

KEEP IN YOUR WALLET

# Personal Medicine List



Carrying a list of all the medicines you take may save your life.

My NAME

My PHONE #

My EMERGENCY CONTACT: NAME

EMERGENCY CONTACT PHONE #

My PHARMACY

PHARMACY PHONE #

1-800-222-1222

BLUE RIDGE POISON CENTER #

### MY HEALTHCARE INFORMATION

My FAMILY DOCTOR: PHONE #:

OTHER HEALTH CARE PROVIDERS & PHONE #'S:

### ALLERGIES OR PROBLEMS WITH MEDICINES:

NAME OF MEDICINE WHAT HAPPENS WHEN I USE IT

NAME OF MEDICINE WHAT HAPPENS WHEN I USE IT

NAME OF MEDICINE WHAT HAPPENS WHEN I USE IT

OTHER ALLERGIES (FOOD, PET, ETC.):

Medicine Name / Strength (Example: Simvastatin 20 mg)	How much I take / when I take it. (Example: one tablet at bedtime)	What I take it for. (Example: Cholesterol)	Other information. (Example: check cholesterol level yearly)

**Show this card to your health care providers every time you visit. Keep it up to date.**

Complements of the Blue Ridge Poison Center at University of Virginia Health. To download free copies of this pocket-sized medicine tracker, visit [www.brpc.virginia.edu](http://www.brpc.virginia.edu) and choose 'Free Materials' from the left side menu.