

My Med Tracker

Keep this in your wallet. To get the best care possible, healthcare providers need to know what medicines you are taking.

Name: _____

Address: _____

Phone: _____

Doctor: _____

Pharmacy: _____

Allergies to Medicines: _____

Emergency Contact: _____

Remember to...

- keep track of your medications taken throughout the day
- follow directions carefully and to never take more than the suggested dose
- put on your glasses and turn on the lights before taking your medicine(s)
- avoid sharing your medicine(s) with others
- keep your medicine(s) out of sight and reach of children

Call your Poison Center (1-800-222-1222) if you or someone else...

- takes too much medicine
- swallows, breathes in, gets sprayed in the eye by or touches something that is poisonous

Call 911 if someone...

- can not be woken up (unconscious)
- is having trouble breathing
- is shaking all over (seizure)

Your Poison Center is...



- open 24 hours a day, 365 days a year
- here to help you with questions about your medicines, overdoses & poisonings
- staffed by pharmacists specially trained in treating poisonings

List all medications and vitamins that you take every day and/or as needed

*Ex: Ranitidine, Zantac

150 mg

1 pill / 2 times a day

[illegible]