

MED CardYour medication list in your wallet

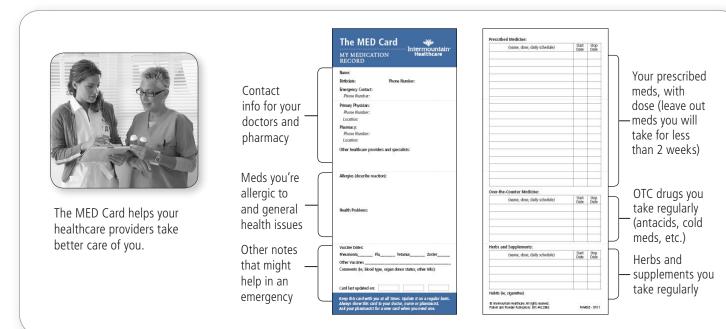
What is the MED Card?

All healthcare providers who care for you need a current list of your medications. The MED Card is a handy list you can fold and carry in your wallet. The MED Card helps your healthcare providers give you better care.

- Healthcare providers can check your MED Card to give you the right medications. (Emergency workers often look for this information if you're unconscious.)
- They can check it to help prevent harmful drug interactions, by avoiding medications that interact with what you take.
- They can check it to avoid giving you medications you're allergic to.
- They can check it for your blood type, health issues, immunization history, and other important information in an emergency.

How do I use the MED Card?

- Complete each section of the card. Be sure to write down all the medications you take, the dose of each medication, and how often you take it. This includes prescribed meds and over-the-counter products, such as pain relievers, antihistamines, herbs, and supplements.
- Always keep your MED Card with you. (You can fold it and carry it in your wallet.) Be sure your family members have also completed a MED Card.
- Have your healthcare providers review your MED
 Card with you at each visit. This includes your
 doctor, nurse, and pharmacist. Before a procedure,
 you often need to tell your doctor about all your
 medications. The MED Card makes this easy.
- Check your MED Card monthly and keep it current.



With any new medication

Get informed. Before you leave your healthcare provider or pharmacy, be sure you understand the following:

- Why am I taking this medication?
- What is the dose?
- How do I use this medication?
- How will I know if it is working?
- Do I need to stay away from any foods, drinks, or other medications while I take this?
- What kind of side effects can I expect?
- Are there any adverse (bad) effects I should watch for? What should I do if they happen?

Ask questions! Discuss any questions you have about your medications with your healthcare provider such as your doctor, pharmacist, or nurse.

Update your MED Card. If you'll be taking the medication regularly (for more than 2 weeks), add it to the medication list.



Remember: Your pharmacist is a great resource and can help make sure you're on the right track with your medications. Getting to know your pharmacist can be a great way to understand more about your health conditions and how your medications help to treat them. Follow these tips to get the most from your pharmacist:

- Get to know your pharmacist, and let him or her get to know you. The more your pharmacist knows about you and your needs, the more he or she can help you.
- Use one pharmacy, if possible. With any new prescription, one of the most important things your pharmacist checks is how the medication might interact with other medications you take. If all of your meds are filled at one pharmacy, your pharmacist can check this more easily.