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SP632 Be Smart about Your Meds!

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Medication Reminder
Prescribed and Over-the-Counter

Name/Strength

This card has space for you to list 11 medications, but you may need space for more. A version of the card with space for 18 medications is also available from your county Extension office.

For more information on medications, contact your county UT Extension office or the Tennessee Poison Center.

This wellness publication is brought to you by the UT Center for Community Health Literacy, a partnership between UT's College of Pharmacy and UT Extension, along with the National Council on Patient Information and Education, Tennessee Pharmacists Association and the Tennessee Poison Center.



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SP632

Be Smart About Your



Written by Gene Smith, Pharm.D., Associate Professor Barbara (Bobbi) Clarke, Ph.D., R.D., Professor Family and Consumer Sciences Public Health Education



This brochure contains a wallet-size medication reminder card and tips on how to use it.

Medications are an important tool for your good health. You should know what medications you are taking and when and how to take them. This card will help you remember this about your medications as well as other important health information. This is how to use the Med Minder card:

- 1. This card provides 11 places to write down all the medications you take. Include both prescription and over-the-counter drugs. Don't forget to include any herbals and vitamin/mineral supplements you take.
 - Write down the name, strength, directions and purpose (why you take it) for each medication you take.
 - Share the card with all of your health care providers — especially if you have more than one doctor who is prescribing medicine for you. This helps your doctor(s) figure out whether any symptoms you might have could be caused by a drug reaction.
 - Share this card with your pharmacists. It
 will help them be alert for drugs (prescribed
 and over-the-counter, including herbals and
 vitamin/mineral supplements) that may interact with or counteract (cancel or decrease
 the benefit) other drugs you take.
 - Fold the card on the fold lines to make it wallet size. Keep this card in your wallet.
- 2. This card has places for you to write down other important information so you can keep it handy.

- Write down the name, address and telephone number of your pharmacy.
- Write down the name of the person (and his/her relationship to you) you want to have contacted in case of an emergency.
- Write down the name and the phone number of your primary doctor.
- List any allergies or drug intolerances you have.
- Write down the date you had your blood pressure, blood cholesterol and blood sugar checked and the numbers. Your health care provider should share with you the results of these health screenings as numbers.
- Write your name, address and telephone number on the card.
- 3. This card has the address of a University of Tennessee website where you can learn more about medications. This site also has links to other reliable and factual websites.
- 4. This card includes the toll-free telephone number for the network of Poison Control Centers throughout the United States. You can call this number anytime, day or night, if you suspect a poisoning or have a question about the contents of a product.



Pharmacy Information

Name	
Address	
Phone Number ()	
Please contact in case of emergency:	
Name	
Relationship	
Phone Number	
Primary Doctor	
Phone	
Allergies or Intolerance	

Health Screenings

Date	Blood Pressure	Cholesterol	Blood Sugar

Brought to you by

Phone



Visit our website at http://bemedwisetn.tennessee.edu

> Remember to update your Med Minder card. Bring this card and share it with your doctor every time you visit.

POISON CONTROL CENTER — 1-800-222-1222

	Med Minder Card
For	
Address	

Front of card