

Q. Why is it important for me to have a complete and accurate medication list?

A. A complete and accurate medication list helps your physician to provide the best care. Make sure to update your list regularly. If you need emergency care, paramedics or your care givers can take the list to the hospital.

Q. What other information should I have ready for a doctor/hospital visit, or in case of an emergency?

A. The medication form we have provided has all the information you need.

It includes:

- Your contact information
- An emergency contact
- Your list of doctors
- Allergy and other drug information

It is also important to list over-the-counter medicines, vitamins, and herbal and dietary supplements that you are taking.

The example below shows how to enter your drugs on the list.

List of Medications			
Name	Dose	When Taken	Reason for Taking
Example: Enalapril	5mg	morning	high blood pressure

Q. Where should I bring this form?

A. Take this form with you to all Emergency Room and urgent care visits, the hospital, your pharmacy, and your physician or other providers.

Q. What happens if I need to fill out a new list because my current list is outdated or I get a new prescription?

A. Additional copies are available on minutemanhealth.org. We also suggest completing the form in pencil so you can make changes without having to rewrite the entire form.

Q. What happens when I visit my doctor or hospital and they prescribe new medication(s) for me?

A. We encourage you to update your list anytime it changes. If you are admitted to the hospital, changes to your medicine may be necessary during your stay. When you are discharged from the hospital, someone will talk with you about which medicines to take and which to stop. At this point, we encourage you to update your medication list. Make sure you take it with you to your next doctor's appointment so everyone will know about the medications you are currently taking.

Q. Should everyone in my family have a personal medication record?

A. YES. We stress family involvement. For those with elderly parents or grandparents, we encourage you to take the time to help them fill out a medication list. Make sure to update the list any time that their medications have changed. Make sure that they are carrying a list in their wallet or purse, so they will have it with them wherever they go. Also, it is important to hang a copy on the refrigerator at home. If paramedics arrive at the house and one of your loved ones needs to be transported to a hospital, the paramedic will know to look for the medication form on the refrigerator.

Remember...keeping an updated medication list keeps you safe. By alerting your healthcare providers and care givers about the medicines you are taking, you can avoid:

- **Missing a dose or refill of a needed medicine**
- **Getting the wrong dose of medicine**
- **Getting a medicine to which you are allergic**
- **Being prescribed a medicine that has a known interaction with another medicine you are taking.**

By working together, we can make sure that you are properly cared for.