

Nonprescription medicines

- Cold or cough medicines
- Aspirin or other pain relievers
- Allergy relief medicines
- Antacids
- Sleeping pills
- Laxatives
- Diet pills
- Other _____

Medicines I should not take because of bad reactions or allergies _____

Vitamins, herbals, and supplements

- Vitamins (type) _____

- Glucosamine chondroitin
- St. John's wort
- Ginkgo biloba
- Ginseng
- Other _____

Medicine Wallet Card

Show this card to your doctor or pharmacist. To print more copies, visit www.ahrq.gov and type "Your Medicine" in the search box.

My name _____

Contact information _____

Prescription Medicines

Name and how much medicine (example)	Color	What it is for
Tetracycline 250 mg	White	Respiratory infection

Fold Here

Date began taking	How much to take and when	Do not take with
2/8/2011	1 tablet 4 times a day 9 a.m., 1 p.m., 5 p.m., 9 p.m.	Antacids or dairy products

Fold Here

Blood type _____

Medical condition(s) _____

Emergency Contact

Name _____

Home phone _____

Work phone _____

Cell phone _____