

Using The Med Card

Complete the Med Card. Always keep this form with you. Be sure your family members have also completed a Med Card

Be sure to write down all the medicines you take. This includes your prescription medicines as well as over the counter products (such as pain relievers, antacids, and antihistamines), herbal medicines, and supplements

Have your health care provider review your Med Card with you at each visit. This includes your doctor, nurse, and pharmacist.

Ask questions! Discuss any questions you have about your medicines with your health care provider such as doctor, pharmacist, or nurse.

Before you leave your health care provider, be sure you understand the following information:

- Why am I taking this medicine?
- What is the dose?
- How do I use this medicine?
- How will I know if this medicine is working?
- What kind of side effects can I expect?
- What should I do if any adverse effects occur?

Using the Med Card helps prevent errors with your medicines.

- Your health care providers can double check that you are receiving the right dose and check for drug interactions.
- It is important for all health care professionals involved in your care to have a current list of your medicines.
- The Med Card lists any allergies you may have. This helps to prevent you from receiving any of these medicines.
- In an emergency, the information on your Med Card will help your care providers take care of you.
- If you are in the hospital, the Med Card will help your care providers remember to give you all the medicines that you need.

Keep your Med Card Current! Review your Med Card monthly. Make any changes to be sure your card has the most current information.

The Med Card is available at <http://uha-utah.org> (see Medication Safety).