

My Medication Card

Carry a list of your current medications with you at all times. Share this list with your doctors, pharmacists, and other caregivers the information they need to provide you with the best care.

YOUR NAME:
BC CARE CARD OR MEDICAL PLAN #:
EMERGENCY CONTACT:
PHONE #:

List any allergies (food or latex) or bad reactions to medications:

List the amount that you usually take and how often or what time of day you take it.

Include:

- Prescription medicines
- Over-the-counter medicines (for example, aspirin)
- Vitamins
- Herbs, diet supplements, natural remedies
- Alcohol or recreational drugs

MY DOCTOR AND PHARMACY

Doctor's name: _____

Doctor's phone #: _____

Pharmacy name: _____

Pharmacy phone #: _____

Other doctors (specialists): _____

Advance directives I have: Representation Agreement
 Advanced Medical Directive

MY HEALTH CONDITION

- Asthma High blood pressure Diabetes Heart disease Cancer Kidney disease
- Other medical problems _____

it's good to **ask**

This card is part of the *It's Good to Ask* program. The *It's Good to Ask* program includes tools and tips to help patients and their families understand their health condition and partner with members of their health care team. *It's Good to Ask* materials are available at www.bcpsqc.ca/public/ask.htm.



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