

Questions to Ask

- > What is the name of the medication and what is it for?
- > How and when should I take it and how much should I take?
- > What should I do if I miss a dose?
- > When and how should I stop taking it?
- > Will it interact with other prescription or over-the-counter medications, herbal, or vitamins that I take?
- > Should it be taken with food? What food or drinks should I avoid while taking this medication?
- > What are the side effects and what should I do if I experience them?

Remember to review and update your medication card!

_____:PHONE: _____:PHARMACY:

_____:PHONE: _____:PHYSICIAN:

_____:PHONE: _____:PHYSICIAN:

_____:PHONE: _____:PHYSICIAN:

Physician and Pharmacy Contacts

MEDICATION CARD

NAME _____ PHONE _____

ADDRESS _____

EMERGENCY CONTACT NAME _____

EMERGENCY CONTACT NUMBER _____

Steps to Wellness is supported by:

- An educational grant from Lilly USA, LLC
- Janssen, Division of Ortho-McNeil-Janssen Pharmaceutical, Inc.
- Park Nicollet Foundation Healthy Community
- Pfizer Healthcare

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www.mentalhealthmn.org

Bring this card when you see a physician including your primary doctor or any type of emergency care.

Start Date of Medication <i>Example: 7/05/10</i>	Name of Medication and Strength <i>Example: citalopram, 20mg</i>	Dose How many pills, units, drops, puffs? <i>Example: 1 pill</i>	When do you take it? How many times a day? Morning and/or night? After or with meals? <i>Example: 1x day, morning</i>	Purpose of Medication <i>Example: Depression</i>
What medications should I include?		Allergies and Reactions:		Adult Immunizations (LAST DATE)
<ul style="list-style-type: none"> > Prescription drugs > Over-the-counter medicines > Dietary/herbal remedies > Respiratory therapy medication > Vitamins or minerals 				Pneumonia: Tetanus: Hepatitis: Flu: