



# List it. Don't risk it!

Write down your medicines.  
Carry the list.



[www.safecarewisconsin.org](http://www.safecarewisconsin.org)

What's in your wallet? Money? Your driver's license or ID card?

Those are all good things to carry, but having a list of the medicines you take is also very important. If you are ever hurt in an accident or if you become very ill, the list gives emergency medical personnel information that can save your life. It is also important to take a list of your medicines with you when you visit your doctor's office.

The List It. Don't Risk It project of Safe Care Wisconsin was created to inform people of the need to have a medicine list, to provide a form for making the list and to remind people to carry the list with them.

## Medication Safety Tips

- Carry your wallet card with you at all times. Use it whenever you talk about your medications with your physician, nurse, or pharmacist
- Whenever you are given a new medication (including samples from a physician's office), make a note on your medication list.
- Whenever a medication is changed or stopped, update the information on your wallet card.
- Make sure you know the name of any medication prescribed, how often you are supposed to take it, why you are taking it, and what you can expect to happen.
- When your doctor writes a prescription, make sure you can read it.
- Take all medicines as prescribed, even if you are feeling better.
- Read medication labels carefully and ask your pharmacist if you have any questions.
- Try to obtain all of your medications from one pharmacy. If this isn't possible, let all of your pharmacists know what medications you are taking.
- Ask your pharmacist for a printed list of your current medications.
- Keep medications in their original, labeled packaging. This can help you identify each pill and to follow the proper directions.

### In the hospital:

- Tell your doctor you want to know the names of each medication and the reasons you are taking them. That way, if anyone tells you anything different, you'll know to ask questions, which might prevent errors.
- Look at all medicines before you take them. If it doesn't look like what you usually take, ask why.
- Do not let anyone give you medications without checking your hospital ID bracelet every time.

For more tips, visit  
[www.safecarewisconsin.org](http://www.safecarewisconsin.org)

## MEDICATION WALLET CARD

Detach this card and keep it in your wallet for reference.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Date of birth \_\_\_\_\_ Sex (M/F)

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Relationship \_\_\_\_\_

Primary Care Provider \_\_\_\_\_

Phone \_\_\_\_\_

Pharmacy \_\_\_\_\_

Pharmacy Phone \_\_\_\_\_

### Medicines I should not take and why:

Medicine \_\_\_\_\_

What happened \_\_\_\_\_

Medicine \_\_\_\_\_

What happened \_\_\_\_\_

Medicine \_\_\_\_\_

What happened \_\_\_\_\_

Medicine \_\_\_\_\_

What happened \_\_\_\_\_

(over)