



**ST. MARY'S**  
HEALTH CARE SYSTEM  
*Feel better here.*

1230 Baxter Street | 706-389-3000

# YOUR MEDICATION SAFETY RECORD

Please keep this information with you

\_\_\_\_\_  
Your name

\_\_\_\_\_  
Phone number

\_\_\_\_\_  
Primary physician's name

\_\_\_\_\_  
Physician's phone number

\_\_\_\_\_  
Pharmacy name

\_\_\_\_\_  
Pharmacy phone number

\_\_\_\_\_  
Emergency contact

\_\_\_\_\_  
Phone number & alternate number (cell, etc)

## QUESTIONS YOU SHOULD ASK YOUR PHYSICIAN, PHARMACIST OR OTHER HEALTHCARE PROFESSIONAL

Please don't hesitate to ask your care-givers about your medications.  
Knowing what to ask about your medicine will help you take charge of your health.

1. What is the name of the medicine?
2. How is it supposed to help me?
3. How and when do I take it?
4. What should I do if I forget to take a dose?
5. How long should I keep taking it?
6. Should I take it with or without food?
7. What foods, drinks, medicines, or dietary supplements – including vitamins and herbals – should I avoid while taking it?
8. What are the possible side effects of the medicine?
9. What should I do if side effects occur?
10. When should I expect the medicine to work, and how will I know if it is working?
11. Will this new medicine work safely with the other prescription and non-prescription medicines I take?
12. Will any testing or monitoring be necessary? If yes, what and how often?

## TIPS TO REMEMBER

Keep this list with you at all times. Be sure to update it as your medicines change. If you need a new card, ask your doctor or call St. Mary's.

706-389-3000

Before visiting your doctor or pharmacist, write down any questions you have.

Make sure your doctor and pharmacist know all the medications you are taking,

including over-the-counter and herbal products.

If you take several medications at the same time, make sure you keep track of what each one is for, and how and when to take it.

