



Central Coast
Local Health District

Medicine Record Card



List all medicines prescribed by your doctor including over-the-counter products, vitamins, minerals and herbal medications you take.

Cross out medications when ceased.

Carry this card with you at all times and show to **all** health professionals—doctors, dentist, pharmacist, podiatrists, etc.

Personal:

Name.....

Phone.....

Emergency contact:

Name.....

Phone.....

GP name.....

Pharmacy no.....

Allergies / reactions:

.....

.....

.....

.....

List any eye drops, puffers or medication patches you use regularly:

.....

.....

.....

.....

Falls are preventable Take steps to avoid a fall by:

- Understanding your medications
- Being active
- Having regular eyesight checks
- Wearing safe footwear
- Good foot care
- Making your home safe
- Improving your balance
- Managing your health
- Eating well
- Being aware of hazards in public places

For more information

www.healthpromotion.com.au

or call (02) 4320 9700

