



Central Coast
Local Health District

Medicine Record Card



How to use

- 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.....

GP phone no.....

Pharmacy name.....

Pharmacy no.....

Allergies / reactions:

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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:

healthpromotion.com.au
or call **(02) 4320 9700**

activeandhealthy.nsw.gov.au
gethealthynsw.com.au

