

# *All about Me for my Health Care*

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Please bring in the following items and give them to the nurse caring for you. This will help us give you the best of care.

◆ **Advance Directives.** These forms let us know what care you want if you become so sick you are not able to tell us. These forms are placed on your hospital chart. Please bring in copies **not** the originals. Thank you!

- Living Will
- Health Care Power of Attorney

◆ Please write down the name(s) and phone number(s) of:

★ All your doctors, such as:

- Family doctor
- Any other doctor you may have, for example, a cardiologist (heart doctor), pulmonologist (lung doctor), etc.

★ The Pharmacy (Drug Store) you use the most.

★ Someone to call in case of an emergency.

*Doctor*

*Phone Number*

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*Pharmacy*

*Phone Number*

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*In Case of an Emergency Call*

*Phone Number*

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**Please write down all of the medicines (drugs) you are taking.**

- Prescription medicines (medicines the doctor ordered)
- Over-the-counter medicines (medicines that a person can buy without a doctor's order, such as aspirin, Tylenol®)
- Herbal supplements, such as, Ginkgo Biloba, Sassafras, Echinacea, etc.
- Vitamins, such as, multivitamins, vitamin E, etc.

| Name of the Medicine      | Dose<br>(What is the strength? For example, is it 5 mg, 25 mg?) | How many times a day do you take it? | When do you take it?  | Why are you taking the medicine? | Doctor who ordered the medicine |
|---------------------------|-----------------------------------------------------------------|--------------------------------------|-----------------------|----------------------------------|---------------------------------|
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| <b>Medicine Allergies</b> |                                                                 |                                      | <b>Food Allergies</b> |                                  |                                 |

**Important:** Make sure you write down any over-the-counter medicines, herbal supplements and vitamins, too.

The last time I changed this list was on: \_\_\_\_\_