

MY

MEDICATION
PASSPORT



Texas Poison Center Network

POISON
He**p**[®]
1-800-222-1222



How should I get rid of my old medications?

- ✓ **Check for Approved State and Local Collection Programs**
Contact your local city or county government's household trash/recycling service.
- ✓ **If a collection program is not available**
DO NOT FLUSH medications down the toilet.
DO NOT POUR them down a sink or drain.
- ✓ **Be Proactive and Dispose of Unused Medication in Household Trash**

When discarding unused medications, ensure you protect children and pets from potentially negative effects:

- a. **Liquids** should be poured over paper towels, kitty litter, or coffee grounds and tightly wrapped in sealable containers or bags.
- b. **Solids** (pills, capsules, tablets) should be placed into a sealable container or bag and add enough water to at least partly dissolve them. Add coffee grounds or kitty litter so that they are less appealing for pets and children to eat.
- c. Place the container inside a package such as a box that doesn't show what's inside.
- d. Put the medication in the trash as close to pick up time as possible-*do not place in recycling bins*.
- e. Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them into the trash by covering it with black permanent marker or duct tape, or by scratching it off.

IN AN EMERGENCY DIAL 9-1-1.

THIS MEDICATION PASSPORT BELONGS TO:

Name: _____

Address: _____

Phone: _____

Last Updated: _____

In case of medical emergency, please contact:

Name: _____ Phone #: _____

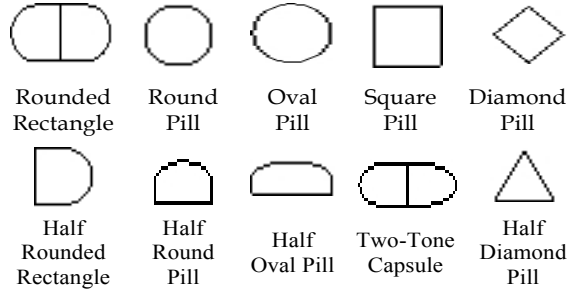
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Call the Poison Center to ask questions about your medications.
Call 1-800-222-1222.

✓ Shape of Medication:



✓ Color of Medication: _____

✓ Side Effects:

Place Extra Medication Label Here

If you are unsure of any information please contact your doctor, pharmacist, or the Poison Center at 1-800-222-1222.

For each medication you are taking you should know the following:

Medication: _____

✓ **Amount to take (dose):**

1/2 1 1 1/2 2

✓ **Time of day to take:**



Morning



Noon



Evening



Bedtime

✓ **Purpose of the medication:**

✓ **Take with food::**

Yes

No

✓ **Food/medicine to avoid taking with:**

How to Use this Passport

1. Keep track of your medications by having your pharmacist place extra prescription labels in your passport.
2. The page opposite your prescription labels should be filled out for each medication.
3. Please list all over-the-counter medications you are currently taking.
Examples: Herbal products, pain relievers, allergy medicines, sleep aides, etc...
4. Present your passport to your doctor on each visit so he/she is aware of all medications you are taking.
5. In an emergency, give your passport to paramedics or the Emergency Department.

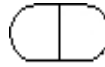


Medication Allergy List

Please list medication allergies here.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

✓ Shape of Medication:



Rounded
Rectangle



Round
Pill



Oval
Pill



Square
Pill



Diamond
Pill



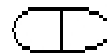
Half
Rounded
Rectangle



Half
Round
Pill



Half
Oval Pill



Two-Tone
Capsule



Half
Diamond
Pill

✓ Color of Medication: _____

✓ Side Effects:

Place Extra Medication Label Here

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For each medication you are taking you should know the following:

Medication: _____

✓ Amount to take (dose):

1/2 1 1 1/2 2

✓ Time of day to take:



Morning



Noon



Evening



Bedtime

✓ Purpose of the medication:

✓ Take with food::

Yes

No

✓ Food/medicine to avoid taking with:

Medication Interactions

If you take	With	This could happen
Aloe	digoxin heart med steroids or blood pressure	lower potassium
Beta-Carotene	cigarette smoking	higher cancer and heart attack risk
Capsicum	blood thinners	risk of bleeding
Cat's Claw	blood pressure meds immunosuppressant	low blood pressure reduced effectiveness
Chondroitin	blood thinners	risk of bleeding
Echinacea	immunosuppressant	reduced effectiveness
Ephedra	digoxin heart med diabetes meds	irregular heartbeat higher blood sugar
Fish oils	blood thinners	risk of bleeding
Garlic pills	blood thinners, aspirin diabetes meds cyclosporine	risk of bleeding very low blood sugar organ rejection
Ginkgo Biloba	blood thinners	risk of bleeding
Ginkgo	diuretic blood pressure pills	higher blood pressure risk of seizures
Ginseng	blood thinners	risk of bleeding
Glucosamine	diabetes meds cancer meds shellfish allergy	may raise blood sugar cancer meds won't work allergic reaction
Hawthorn	digoxin heart med	irregular heartbeat
Kava-kava	Liver problems	severe liver damage
St. John's Wort	digoxin heart med psychiatric meds cyclosporine blood thinners	digoxin won't work well toxic side effects organ rejection reduced effectiveness

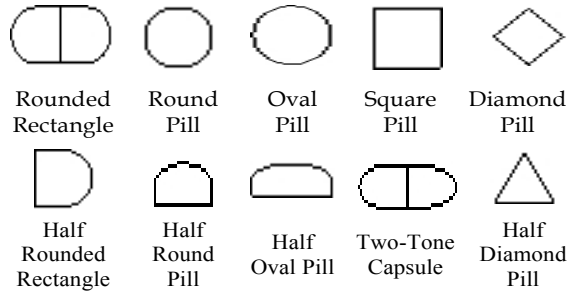
Poison Centers provide emergency assistance if you have taken your medications incorrectly. Poison Centers are open 24 hours everyday. Call 1-800-222-1222.

Over-the-Counter Medications Tips

- ✓ Follow the instructions exactly.
- ✓ Tell your doctor which medications you are taking to make sure they do not interact with each other.
- ✓ Ask your pharmacist for over-the-counter products that have only the ingredients that you need. Multi-ingredient medicines, such as cough and cold products, may give you medicine problems.
- ✓ Check for package damage and the expiration date.



✓ Shape of Medication:



✓ Color of Medication: _____

✓ Side Effects:

Place Extra Medication Label Here

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For each medication you are taking you should know the following:

Medication: _____

✓ **Amount to take (dose):**

1/2 1 1 1/2 2

✓ **Time of day to take:**



Morning



Noon



Evening



Bedtime

✓ **Purpose of the medication:**

✓ **Take with food::**

Yes

No

✓ **Food/medicine to avoid taking with:**

- ✓ Don't use over-the-counter medications you have around the house if the dosing instructions and expiration date are no longer available.
- ✓ Use over-the-counter products as directed on the package.
- ✓ Most over-the-counter medications are intended for short-term use only. Talk to your doctor if use of a product is needed for a prolonged period.

Over-the-Counter Medication List

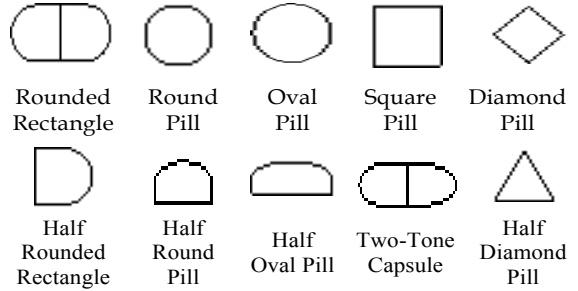
1. _____
2. _____
3. _____
4. _____
5. _____

Prescription Medication Tips

- ✓ Follow your doctor's instructions exactly.
- ✓ Take only your medications. Taking someone else's medicine may mask your symptoms and make diagnosing your illness more difficult.
- ✓ If you need to take medication during the night do not keep them at the bedside.
- ✓ Store medicines in a cool dry place away from light. Unless instructed, do not store medicine in the refrigerator or bathroom.
- ✓ Before you travel, ask your pharmacist or doctor how you should adjust your medication schedule for changes in time, routine and diet. When traveling carry your medicines, do not put them in your checked luggage, glove compartment or trunk.



✓ Shape of Medication:



✓ Color of Medication: _____

✓ Side Effects:

Place Extra Medication Label Here

If you are unsure of any information please contact your doctor, pharmacist, or the Poison Center at 1-800-222-1222.

For each medication you are taking you should know the following:

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✓ **Amount to take (dose):**

1/2 1 1 1/2 2

✓ **Time of day to take:**



Morning



Noon



Evening



Bedtime

✓ **Purpose of the medication:**

✓ **Take with food::**

Yes

No

✓ **Food/medicine to avoid taking with:**

- ✓ If young children are present, remember to place medicines out of their reach and locked up. Remember children imitate adults, so avoid taking medicine in front of them.
- ✓ Get prescriptions filled far enough in advance to avoid running out of medication, which can alter your medication schedule.
- ✓ Have all your medicines reviewed by your doctor or pharmacist once a year.
- ✓ Take your medicines for the entire duration they are prescribed, even if you feel better.
- ✓ If you have any questions about your prescription medications contact your doctor, pharmacist or the Poison Center at: **1-800-222-1222**.

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Medication: _____

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1/2 1 1 1/2 2

✓ Time of day to take:



Morning



Noon



Evening



Bedtime

✓ Purpose of the medication:

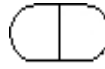
✓ Take with food::

Yes

No

✓ Food/medicine to avoid taking with:

✓ Shape of Medication:



Rounded
Rectangle



Round
Pill



Oval
Pill



Square
Pill



Diamond
Pill



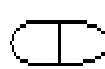
Half
Rounded
Rectangle



Half
Round
Pill



Half
Oval Pill



Two-Tone
Capsule



Half
Diamond
Pill

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Morning



Noon



Evening



Bedtime

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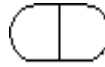
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Yes

No

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✓ Shape of Medication:



Rounded Rectangle



Round Pill



Oval Pill



Square Pill



Diamond Pill



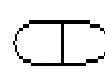
Half Rounded Rectangle



Half Round Pill



Half Oval Pill



Two-Tone Capsule



Half Diamond Pill

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Morning



Noon



Evening



Bedtime

✓ **Purpose of the medication:**

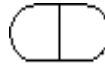
✓ **Take with food::**

Yes

No

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✓ **Shape of Medication:**



Rounded Rectangle



Round Pill



Oval Pill



Square Pill



Diamond Pill



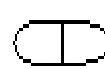
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Half Round Pill



Half Oval Pill



Two-Tone Capsule



Half Diamond Pill

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Morning



Noon



Evening



Bedtime

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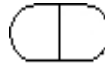
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Round Pill



Oval Pill



Square Pill



Diamond Pill



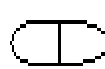
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Two-Tone Capsule



Half Diamond Pill

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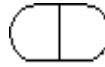
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Round Pill



Oval Pill



Square Pill



Diamond Pill



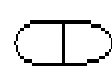
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Evening



Bedtime

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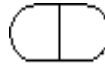
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Round Pill



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Diamond Pill



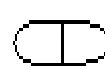
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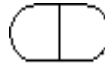
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Oval Pill



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Diamond Pill



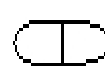
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Two-Tone Capsule



Half Diamond Pill

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Noon



Evening



Bedtime

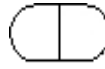
✓ Purpose of the medication:

✓ Take with food::

Yes No

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✓ Shape of Medication:



Rounded
Rectangle



Round
Pill



Oval
Pill



Square
Pill



Diamond
Pill



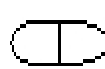
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Bedtime

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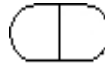
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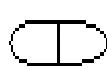
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