

Medical History

CHEAT SHEET

1 What medications - both over the counter and prescription - do you currently take?

A current list of prescription medications & doses is critical for medical staff. Include over-the-counter medications that you may take regularly. If you are able, grab medication bottles to bring with you to the ER.

MEDICATION _____ PRESCRIPTION / OTC MEDICATION _____ PRESCRIPTION / OTC
MEDICATION _____ PRESCRIPTION / OTC MEDICATION _____ PRESCRIPTION / OTC
MEDICATION _____ PRESCRIPTION / OTC MEDICATION _____ PRESCRIPTION / OTC

2 What are you allergic to?

This should include any allergies to medications, supplements, foods, and any skin allergies (such as to latex).

ALLERGY _____ ALLERGY _____ ALLERGY _____

3 What is your medical history?

This should include any major injuries, surgeries, any medical devices in your body, and chronic illness along with the dates and current status. Include less commonly thought-of information like whether your vision or hearing is corrected (and how), if you have screws or metal plates in your body, if you have an IUD, etc.

SURGERY _____ DATE _____ ILLNESS _____ DATE _____
SURGERY _____ DATE _____ ILLNESS _____ DATE _____
SURGERY _____ DATE _____ MISC: _____

4 Who should be contacted in case of an emergency?

Include multiple contacts and multiple ways to contact each individual (except for physician contacts)

EMERGENCY CONTACT _____ FAMILY CONTACT _____
EMERGENCY CONTACT _____ PHYSICIAN CONTACT _____

5 Is your insurance information handy?

In case you forget your insurance card, or it can't be located (in the event that you aren't conscious)

INSURANCE PROVIDER _____ POLICY NUMBER _____

Other essential items to bring along with you include:

- A photo ID
- Insurance cards
- Legal documents such as Power of Attorney, Consent to Treat, or other legal documentation outlining types of treatment you would or would not like to receive
- Toxins, Poison, Spider, etc - If the patient was bit or stung, try to get a photo of the culprit to assist with identification; if a toxin, poison, or chemical was ingested, try to bring in the chemical or the container it was in. Proper identification can greatly speed the treatment process.