

# New York Hospital Queens wants you and your family to be safe when taking medications!

Keeping an accurate and complete list of prescription and non-prescription medicines is critical to your health. Every time you receive a new prescription from a doctor, clinic, or hospital, use the attached form to write down the name and use of the medication. This will help doctors and nurses understand what medications you take and allow them to avoid giving you a new prescription that might not work well with your current medicines.

New York Hospital Queens wants you to have this personal medications list to carry with you at all times. By having the personal medications list handy, it will be easier for you to tell your doctors, or others, about your medications. You will not have to rely on memory to make sure they know all the medications you are currently taking.

## Easy steps to improving your medication safety:

1. Always keep “Your Personal Medication List” with you. Your wallet is a good place.
2. Take the list to ALL visits to a doctor, and for ALL medical testing (x-rays, blood tests, MRI, CT, etc.) and ALL hospital visits.
3. Update the list as changes are made to your medications. If you stop taking a medication, draw a line through the entry and record the date you stopped. If you need help, ask your doctor, nurse, pharmacist or loved one to help you fill out the list. It is important to update your list with any changes.
4. If you are discharged from the hospital, your doctor will review your medications with you, and explain if the new prescriptions should replace your prescriptions at home.
5. Tell your loved ones where you keep this list, in case they need to find it in an emergency.
6. In Case of Emergency (ICE) Contacts – It is important to always carry at least three emergency contact names in case of emergency.

In case of emergency, call **911**  
Private Ambulance Service **718-670-2222**

Member  
NewYork-Presbyterian Healthcare System  
Affiliate: Weill Medical College of Cornell University



*Expertise you trust.  
Service you deserve.*

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