

# My Medicines Wallet Card

Print this page, then cut out and fold where indicated to make a reference card that you can carry with you.

**1** Cut on dotted line




Prescription Medicines	Why I take this	How much (dose)?	When?	How? Notes

**2** Fold over

[www.diabetesisters.org](http://www.diabetesisters.org)

How? Notes	When?	How much (dose)?	Why I take this	Vitamins/Other Remedies
How? Notes	When?	How much (dose)?	Why I take this	Over-the-Counter Medicines



**3** Fold into thirds