Your Girlfriend DOCTOR

My Medical Snapshot

1. Name / date of birth / last updated

The most important part is the date you last reviewed this sheet. Write the date and put **“(current)”** next to it.

2. Emergency contact / phone / relationship

Who should we call, and what number will someone actually answer? Include your contact’s relationship to you and a backup number if you have one.

3. Medical conditions and relevant past illnesses

List everything you take medication for. Then list everything you’re **supposed** to be taking medication for. If you haven’t been to the doctor in years and haven’t been diagnosed with anything, say that.

4. Medications (name, dose, frequency; include supplements)

Pull up the photo of your medication bottles. Use it to fill in the name, dose, and how often you take each one. Include your supplements.

5. Allergies and reactions

Tell us what you took and exactly what happened. List your allergies, and use a separate space for side effects or other uncomfortable reactions you’ve had.

Allergies

Side effects / other reactions

6. Surgeries / procedures and approximate dates

Yes, your C-section counts. Include it with your other surgeries and procedures, along with the approximate dates.

7. Primary care clinician / specialists / pharmacy and phone numbers

Keep these names and numbers updated in one place, and take a picture of the current sheet so you can pull it up on your phone. Make any new specialist referral easy to spot.