IN CASE OF EMERGENCY
Ten Vital Pieces of Health Information You Should Know or Carry with You

You never know when a sudden event may happen. Be fully prepared by having your health care information in a place where it can be quickly found when help arrives, such as in your wallet. You should list:

1. Personal medical history.
   List such health issues as high blood sugar, kidney issues, heart problems, seizures, high blood pressure, lung disease or asthma.

2. Major surgeries.
   This list may include a knee surgery, prostate cancer surgery and/or hip surgery. Don’t forget to also include pacemaker operations or ones for other implanted devices.

3. Family health records.
   This would note any family history of high blood pressure, heart problems, diabetes, blood clots, cancer or other family health problems. This history can have an effect on how you are treated.

4. Name of medications.
   Also list the dose of each medication and how often you take it. Medicines such as blood thinners, water pills, blood pressure pills, antibiotics and even over-the-counter drugs may have interactions with other drugs. Doctors need this data to avoid any unsafe reactions.

5. Name of who to reach in case of an emergency.
   When you list this person, remember to include his/her cell, work and home phone numbers. Choose a back-up person in case your main contact cannot be reached.

   List dates for the last time you had shots for the flu, pneumonia and tetanus.

7. Name and phone numbers of your urologist/primary care doctor.
   If you are being treated by other doctors, make certain to add their names and phone numbers as well.

8. Allergies.
   Sensitivities to foods (such as shellfish or peanuts) or medicines (ex: penicillin). Include allergies to latex, contrast dye or other man-made materials. If known, describe the type of allergic reaction (such as itch, rash, hives, hard time breathing, swelling, etc.).


10. Basic insurance information.
    Include the insurance company name and phone number.

Visit UrologyHealth.org/Checklist to download this Vital Health Information Checklist.