

EMERGENCY MEDICAL INFO

NAME: Jane Smith
ADDRESS: 1234 Any Street
Vancouver, BC X1X 1X1
BIRTHDAY: JANUARY 1, 1970
BC HEALTH: 123456789
EMERGENCY CONTACTS:
husband John Smith (home) 604-123-4567
daughter Susan Smith (cell) 778-345-6789
son Tom Smith (cell) 778-876-5432
MEDICAL CONDITIONS: on reverse side

MEDICAL CONDITIONS:
FMD & SCAD heart attack Jan. 23, 2016
high blood pressure
Diabetes since 1995
Sleep apnea
BLOOD TYPE: O positive
ALLERGIES: peanuts; ragweed; Sulfa drugs
MEDICATIONS: See inside for details-xxx for diabetes;
Ramipril, Metoprolol, Atorvastatin, Amlodipine, ASA
FAMILY DOCTOR: Dr. Thomas Tom 604-987-6543
CARDIOLOGIST: Dr. Georgina George 778-765-4321

MEDICATION DETAILS

MEDICATIONS:
Insulin xx mg/ml injected daily
Ramipril 10 mg daily p.m.
Metoprolol 37.5 mg x2 daily a.m. & p.m.
Atorvastatin 20 mg daily p.m.
Amlodipine 5 mg daily p.m.
ASA 81 mg daily p.m.
Flonase daily at bedtime

SUPPLEMENTS:
Multivitamin 1 daily a.m.
Omega 3 daily a.m.
CoQ10 100 mg daily a.m.
Vitamin C 500 mg daily a.m.
Vitamin D3 1000 iu daily a.m.
Calcium as needed

OTHER:
CPAP machine with humidifier used while sleeping

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