



EMERGENCY VISIT QUICK

REFERENCE SHEET

Before You Leave for the Emergency Department

☐ Medication List

Current prescriptions, over-the-counter medications, vitamins, supplements, and medication allergies.

☐ Medical History

Major medical conditions, previous surgeries, implanted devices (such as a pacemaker), and significant past illnesses.

☐ Normal Baseline

Can they normally:

- Walk independently?
- Remember conversations?
- Manage medications?
- Care for themselves?

☐ Timeline

- When did the problem begin?
- What changed first?
- Is it getting better, worse, or staying the same?

☐ Important Contacts

- Primary care clinician
- Specialists
- Preferred pharmacy
- Emergency contact
- Healthcare Power of Attorney or Advance Directive (if available)