



# My Medical Passport

## This is Me

YOUR IMAGE  
GOES HERE

This should be carried with me during any visit to see a medical professional.

My name is:

I like to be known as:

My diagnosis / conditions are:

These are the names and contact details of who looks after me:

What is important to me:

My usual behaviour:

Things that may worry or upset me:

If I am anxious or upset, the best way to calm me is:

This is how I show I am in pain and how you can support me:

This is how I react to strange places:

My usual way of communication is:

When you talk to me please ensure you:

I have allergies to:

I take my medication (please specify how often and in what form):