

Double-Dose Safety Card

A printable card for parents, caregivers, and anyone helping look after someone else's meds when more than one of you might give a dose. Made to live on the fridge.

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SECTION 1

The 4-question check before any dose

- 1 Is this dose already logged today?** Check the shared list first. The pill bottle isn't proof.
- 2 Who's the dose owner today?** One named person is responsible for this med today, even if you're backing them up.
- 3 Right person, right med, right time?** Read the label. Don't go from memory.
- 4 Is this a high-risk med?** If yes (see list below), confirm with another caregiver before giving.

HERO PRINCIPLE

"Designate one person to administer each dose. Keep a log of every dose given."

America's Poison Centers, on coordinating doses across multiple caregivers (poison.org)

SECTION 2

Highest-risk meds at home

The Institute for Safe Medication Practices puts these on its consumer high-alert list. When they're accidentally doubled at home, the margin for error is the smallest. Treat them as no-guess meds.

- ▲ Insulin
- ▲ Blood thinners (warfarin, heparin, low-molecular-weight heparins)
- ▲ Diabetes pills (metformin and others)
- ▲ Opioid pain medications
- ▲ Methotrexate
- ▲ Children's liquid medications that need measuring

This isn't every risky med. When unsure, treat any dose as a no-guess dose.

10-SECOND HANDOFF

Say it out loud when you hand off care: "Last dose: [med] at [time], by [name]. Next due: [time]."

Teach-back technique (AHRQ health literacy)

POISON CONTROL BY COUNTRY

US: Poison Help 1-800-222-1222

Canada: find your provincial poison centre

UK: NHS 111

Ireland: National Poisons Information Centre (01) 809 2166

Australia: Poisons Information Centre 13 11 26

New Zealand: National Poisons Centre 0800 764 766

Save the right number for your country before you need it.

SECTION 3

If two people may have given a dose

Don't even it out by skipping the next dose. Don't wait to see what happens. Do this:

- 1 **Call Poison Control.** Free, 24/7. They'll tell you whether it's a real emergency and exactly what to do.
- 2 **Have ready:** the medication name and strength, when each dose was given, and by whom.
- 3 **If the person collapses, has a seizure, can't breathe, or won't wake up:** call your local emergency number first, then Poison Control.
- 4 **Log the incident** so the rest of the family sees what actually happened.

SECTION 4

8 red flags. When to call, not guess.

- ! You think a dose may have been given twice within the dosing window.
- ! A critical dose was missed (heart, blood pressure, insulin, anti-seizure, blood thinner).
- ! A new symptom appears in the hours after a new medication or a dose change.
- ! Two new meds were started recently and no one told you they're safe to combine.
- ! The person is confused, drowsy, or not responding normally.
- ! You can't read the label or no longer remember what a med is for.
- ! A medication is visibly expired or looks different from usual (color, shape, smell).
- ! A child swallowed a med that was not theirs, even one pill.

NOT MEDICAL ADVICE

This card helps families coordinate medications. It's not medical advice or a substitute for your doctor, pharmacist, or other licensed healthcare provider. For questions about specific medications, doses, interactions, or side effects, consult a licensed professional. In an emergency, call your local emergency number first.

A card on the fridge only works if everyone's standing at the fridge.

DoseSync puts the same shared log in every caregiver's pocket: who gave the last dose, when, and a one-tap log that updates for the whole family in real time. Available on the App Store, iOS only.

[Get it on the App Store →](#)



SCAN TO INSTALL

SOURCES & FURTHER READING

- World Health Organization, Medication Without Harm: 5 Moments for Medication Safety (2019). [who.int](https://www.who.int)
- Institute for Safe Medication Practices, High-Alert Medications in Community/Ambulatory Settings. [ismp.org](https://www.ismp.org)
- America's Poison Centers (Poison Help). [poison.org](https://www.poison.org)
- American Geriatrics Society HealthInAging, "What Older Adults Can Do to Manage Medications." [healthinaging.org](https://www.healthinaging.org)
- Agency for Healthcare Research and Quality, Medication Reconciliation. psnet.ahrq.gov

Next steps: the [Family Medication Coordination Setup Checklist](#) and the [Dementia Medication Safety Checklist](#).