

# T H E R E F U A H C A R D

Prior to taking any medication (swallowed, applied or injected) or undergoing any medical procedure, however minor, one should recite the following prayer each time (even several times a day):

**May it be Your will, Hashem,  
that this endeavor cure me,  
for You are a free Healer**

After the procedure, or after taking the medication, recite:

**Blessed is He who heals the sick**

(Shulchan Aruch Orach Chaim 230:4; Mishnah Berurah 230:6)

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