

Key Messages for the “Know Check Ask” Campaign

Why Should I Keep a list of my medicines?

Having an up-to-date, written or printed list of your medicines can help:

- when you might not be able to remember your medications, for example, at an appointment or in an emergency
- reduce the chance of errors
- when requesting a repeat prescription from your GP, just make sure to keep a copy for yourself.

How do you fill in the list?

To fill out a **My Medicines List** you need all your medicines in front of you. Include all the medicines you take regularly and occasionally. All medicines count including:

1. Prescription medicines
 - a. Don't forget to include inhalers, patches, injections, creams, eye drops and any other prescribed products
 - b. Include the strength of each medicine (e.g. 50mg), how much you take each day (e.g. 2 tablets) and the time (e.g. at night)
2. Over-the-counter medicines
3. Vitamins and other supplements, herbal, homeopathic or alternative medicines
4. The list should also include **any allergies** you have, and the **contact numbers** of your **family doctor** and **pharmacist**.

Tips

- ✓ Some people find it useful to keep a photo of this list on their phone.
- ✓ Another option is to take a photo of your medicines with the labels in full view.
- ✓ It can be helpful if you share this list with a family member or carer.

If you need help filling out **My Medicines list**, you can ask for help, for example, from a family member or friend.

When can you use this list?

Bring this list with you when attending any healthcare appointment. This might include:

- Your own GP or an out of hours GP
- A hospital specialist or consultant (seen at an out-patient appointment)
- Your pharmacist
- The doctor, nurse or pharmacist if you attend the Emergency Department
- Your dentist

Do not assume your healthcare team member will have this information.

Changes to your medicines?

Ask your doctor, pharmacist or nurse to explain any changes to your medicines.

It's important to keep the list up-to-date by adding any new medicines to the list or drawing a line through any medicines you no longer take.