

# **KNOW**

your medicines and keep a list

### CHECK

that you are using the right medicine the right way

## **ASK**

your healthcare professional if you're unsure



Phone number



My family doctor's name

**Phone number** 



Emergency contact name

**Phone number** 



#### What is My Medicines List?

My Medicines List is a list of all the medicines and supplements you take.

#### Why should I use it?

Keeping an up-to-date list can help you know your medicines. It can also help you when discussing your medicines with a healthcare professional.

#### How should I fill it in?

You need all your medicines in front of you. Another option is to ask your pharmacist to print out a list for you. Make sure you include all prescribed, over-the-counter, traditional and herbal medicines and supplements.

#### How should I use it?

Keep your list up to date. Bring it with you when attending any healthcare appointment. You may find it useful to keep a photo of this list on your phone.

#### How can I get another form?

To get another copy, you can print from www.hse.ie/safermeds or ask for a copy at your local pharmacy.



Information for people who take medicines and their families

# My Medicines





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My allergies and how I react:

Name Date of birth Date of birth Date I filled out this form

Name of medicine or supplement	Strength I take	How much each time	I take it	I take it every day (Yes / No)	Why I take it?	My notes
Example: ABC Tablets	25mg	2 tablets	Once in the morning	Yes	For my heart	Take with food