

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?

To fill out My Medicines List, 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 and over-the-counter 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.safermeds.ie or ask for a copy at your local pharmacy.

Before you take it...

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



Information for
people who take
medicines and
their families

My Medicines List



 **KNOW**

 **CHECK**

 **ASK**

My medicines



My allergies and how I react

Name		Emergency contact name	
Date of birth		Emergency contact phone number	
My pharmacy name		My family doctor name	
Phone number		Phone number	Date I filled out this form

Name of medicine	Strength	How much I take 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 and once at night	Yes	For my heart	Blue oval tablet with food