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.

My pharmacy’s name
Phone number

My family doctor’s name
Phone number

Emergency contact name
Phone number

Information for people who take medicines and their families
<table>
<thead>
<tr>
<th>Name of medicine or supplement</th>
<th>Strength</th>
<th>How much I take each time</th>
<th>I take it</th>
<th>I take it every day (Yes / No)</th>
<th>Why I take it?</th>
<th>My notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong> ABC Tablets</td>
<td>25mg</td>
<td>2 tablets</td>
<td>Once in the morning</td>
<td>Yes</td>
<td>For my heart</td>
<td>Take with food</td>
</tr>
</tbody>
</table>

This document belongs to the person named above. If taking a copy, return the original to the person.