

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



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 List



My pharmacy's name	
Phone number 	
My family doctor's name	
Phone number 	
Emergency contact name	
Phone number 	

 **KNOW**

 **CHECK**

 **ASK**

