

Bring your Medicines with you

This information is to help you if you are asked to bring all your own regular medicines with you to an appointment or admission.

It is very important to continue to take your usual regular medicines (unless you are told not to by your doctor). This will help to make sure any other health conditions you have stay well controlled.

If you are asked to bring your medicines to an appointment or admission, bring **all** your usual medicines with you. This includes any specialist medicines, e.g. to treat cancer. Bring the rest of your current month's supply of medicines. Ideally this will be at least one week but not more than four weeks supply.

- Place all medicines in one bag. This should be separate from any other items.
- Leave all your medicines in their box or packaging so that the pharmacy dispensing label is still present.
- If your medicines are packed into a blister pack by your pharmacy, bring it with you.
- Make sure to bring all your medicines. This includes any inhalers, eye drops, injections, patches etc. If you have a spacer device which you use with your inhaler, bring it with you.
- If you are bringing over the counter medicines e.g. paracetamol, write your name on the pack.
- It is also helpful to bring a list of your medicines with you. You can download and print a My Medicines list which you can fill out from www.hse.ie/safermeds

Important:

On Arrival: If you are in a hospital or other healthcare setting, do not take your own medicines without checking with the staff looking after you. This is because if you are unwell, some of your usual medicines might need to change. Any changes should only be made by your healthcare professional.

Discharge: When you are being discharged from the hospital or other healthcare setting, check with your healthcare professional if any of the medicines have been stopped or if the amount you take has changed.