



## Key Messages for the “Know Check Ask” Campaign

### Why Should I Keep a list of my medicines?

Having an up-to-date, written or printed list of your medicines can help:

- when you might not be able to remember your medications, for example, at an appointment or in an emergency
- reduce the chance of errors
- when requesting a repeat prescription from your GP, just make sure to keep a copy for yourself.

### How do you fill in the list?

To fill out a **My Medicines List** you need all your medicines in front of you. Include all the medicines you take regularly and occasionally. All medicines count including:

1. Prescription medicines
  - a. Don't forget to include inhalers, patches, injections, creams, eye drops and any other prescribed products
  - b. Include the strength of each medicine (e.g. 50mg), how much you take each day (e.g. 2 tablets) and the time (e.g. at night)
2. Over-the-counter medicines
3. Vitamins and other supplements, herbal, homeopathic or alternative medicines
4. The list should also include **any allergies** you have, and the **contact numbers** of your **family doctor** and **pharmacist**.

### Tips

- ✓ Some people find it useful to keep a photo of this list on their phone.
- ✓ Another option is to take a photo of your medicines with the labels in full view.
- ✓ It can be helpful if you share this list with a family member or carer.

If you need help filling out **My Medicines list**, you can ask for help, for example, from a family member or friend.

### When can you use this list?

Bring this list with you when attending any healthcare appointment. This might include:

- Your own GP or an out of hours GP
- A hospital specialist or consultant (seen at an out-patient appointment)
- Your pharmacist
- The doctor, nurse or pharmacist if you attend the Emergency Department
- Your dentist

**Do not assume your healthcare team member will have this information.**

### Changes to your medicines?

Ask your doctor, pharmacist or nurse to explain any changes to your medicines.

It's important to keep the list up-to-date by adding any new medicines to the list or drawing a line through any medicines you no longer take.