

# Before you take it...

**! Know**  
your medicines  
and keep an  
up-to-date list

**✓ Check**  
that you are using  
your medicines in  
the right way

**? Ask**  
your healthcare  
professional if  
you're not sure



My pharmacy's name:

Phone number:

My GP:

Phone number:

Emergency contact name:

Phone number:

My health care number:

## 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. Carefully list everything prescribed by your GP. Include things like inhalers, eye-drops, injections and creams, if you use them. You can also add other medicines or supplements you are taking, for example, medicines you have bought, vitamins, minerals, herbal or alternative medicines.

## 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 your My Medicines List on your phone.

## How can I get another form?

Scan the QR code below (using your mobile phone camera) and print, or ask for one at your local Pharmacy.



scan me

Questions about your  
medicines?

Talk to your pharmacist,  
nurse or doctor.

# Information for people who take medicines and their families

# My Medicines List



**HSC** Health and  
Social Care

