

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.



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

MY MEDICINES

My allergies and how I react:

Name: Date of birth: Date I filled out this form:

Name of medicine or supplement	Strength	How much do I take?	I take it	I take it every day (Yes / No)	Why I take it?	My notes
Example: ABC tablets	25mg	2 tablets	Once in the morning	Yes	For my heart	Take with food

Not taking it anymore? Put a line through it. Always read the label on your medicines as well as checking your list.
This document belongs to the person named above. If taking a copy, please return the original to the person.