

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?

To fill out My Medicines List, 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 and over-the-counter 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.safermeds.ie or ask for a copy at your local pharmacy.

Information for
people who take
medicines and
their families

My Medicines List



Seirbhís Sláinte
Níos Fearr
& Forbairt | Building a
Better Health
Service

www.safermeds.ie

My pharmacy's name

Phone number

My family doctor's name

Phone number

Emergency contact name

Phone number



KNOW

CHECK

ASK

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 I take each time	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