

# 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?

To get another copy, you can print from <https://online.hscni.net/know-check-ask> 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:

[illegible]

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.