

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

**For more information about
the My Medicines List
scan the QR code**



<https://online.hscni.net/know-check-ask>

To Scan the QR code
On your mobile phone open the camera.
Point the camera at the QR code.
Tap the pop up banner that appears.