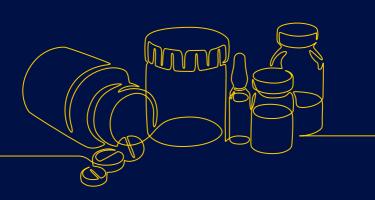


My Medicines List









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 (Y/N)	Why I take it?	My notes
Example: ABC Tablets	25mg	2 tablets	Once in the morning	Yes	For my heart	Take with food

Before you take it...



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 overthe-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.

Kingsbridge Private Hospital Sligo

Ray MacSharry Road Gardenhill, Co. Sligo F91 XO54

071 916 2649 kingsbridgeprivatehospital.com

Pharmacy Hours: Monday to Thursday 9am to 4.30pm, Friday 9am to 2pm









