

# 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

FEDERATION  
COUNCIL



My pharmacy's name

Phone number

My doctor's name

Phone number

Emergency contact  
name

Phone 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. 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 Federation Council website or ask for a copy at your local participating pharmacy.

[www.federationcouncil.nsw.gov.au](http://www.federationcouncil.nsw.gov.au)

Information  
for people  
who take  
medicines and  
their families.

# My Medicines List



**KNOW**

**CHECK**

**ASK**

