

ABOUT THE MEDICINES YOU TAKE AT HOME

- Always **keep an up to date list** of all the medications that you take and **take your list with you** when you go to hospital or attend an appointment with your GP.
- Include any medicines that you buy yourself – like cold & cough remedies, pain killers or allergy and indigestion relief.
- Make a note of any allergies that you have:

Medicines you are allergic to:

Name or type of medicine	What happens to you when you take this medicine?

Are you allergic to anything else? *(for example, some people are allergic to Elastoplast, some are allergic to latex).*

ANY FURTHER INFORMATION ABOUT THE MEDICINES THAT YOU TAKE

*** Show your list to all professionals involved in your healthcare to make sure they have your most up to date list of medications.**

*Ask staff to indicate if any changes are made to the medications on this list. * Ask them to detail the changes overleaf.

*Changes (e.g. in dosage, stopped, new) & Date of change	When do you take this medicine?	How much do you take? (dosage)	What do you take it for?	Name of medication

LIST OF MEDICINES THAT I TAKE

Fold along the dotted lines

To download a free copy of this *ThinkSAFE* Medications List &/or other free resources go to: www.thinksafe.care

Are you going into hospital soon?

Watch our video 'A guide to patient safety for patients and their families' at: www.thinksafe.care

If you have any queries or comments about *ThinkSAFE* please contact: Thinksafe@newcastle.ac.uk

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Your name:
 Your date of birth:



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Medications List

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