

Knowing My Medicines is a list of all medicines including supplements, herbal remedies, eye/ear drops, inhalers, injections, nebulisers, oxygen, creams and patches you take or apply and some of their details.

Please fill in the **Knowing My Medicines** information inside this leaflet.

This is your record of your medicines. Please keep this document safe and bring it with you when coming to Mayo University Hospital or attending any health-care appointment. If you become ill, you or a family member/carer can bring this record to hospital **or to your family doctor**.

Please keep your medicines in their original container, because:

- the labels contain important information
- we will need to be able to identify them
- they may deteriorate if unpacked

Keep all your medications at room temperature, except those that need to be kept in the fridge.

Keep all medications safely **LOCKED** away where **CHILDREN** cannot reach them: your medications could **HARM** them, if accidentally taken.

Do not share your medications with anyone else: they have been prescribed for **YOU** individually, based on **YOUR** needs.

Ask about disposal of unwanted medicines at your local retail pharmacy”

Your medicines list will help hospital staff treat you safely.

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IMPORTANT

To fill out **Knowing My Medicines** you need all your medicines in front of you including prescribed, non-prescribed and over the counter medicines.

If you don't know what medicines you take or you need help filling out **Knowing My Medicines** ask your retail pharmacist who can give you an up to date list. Your doctor, friend or relative can be asked to help also.

Take your medicines exactly as directed by your doctor or as instructed on the label. This is important for them to work properly.

If you experience any side-effects which you think may be caused by your medication, please tell your doctor or pharmacist.



Mayo University Hospital is committed to the World Health Organisation (WHO) Medication without Harm Campaign. We want our patients and staff to improve communication about medications.

Please note that although every effort is made to help you keep this **Knowing My Medicines** leaflet up to date, it is the responsibility of you the patient to ensure it is accurate. MUH or its employees, retail pharmacists, or your doctor cannot be held responsible for any errors or omissions.

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Information for patients and families

Knowing My Medicines



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