

My medicines list

It's important to keep a list of your medicines to take to all your healthcare appointments or in case of an emergency. Keep a list in your wallet or on your phone. There are also free medicine tracking apps available, like the MedicineWise app. You can use the table below to record the important information you need to know about your medicines. Your doctor or pharmacist can help you fill it out.



Don't forget to write down any over-the-counter medicines you are taking. Some of these can interact with your heart medicines. It's always best to speak to you doctor or pharmacist for advice before taking over-the-counter medicines.

Name of medicine (brand and/or generic name)	Dose	When	This medicine is for	Notes/special instructions (e.g. 'take with food')