


## To get the most from your Medicines List:

- ▶ **Keep it up to date** by crossing out any medicines you are no longer using and adding new medicines as you start using them.
- ▶ **List all medicines** currently used, including: prescription medicines, over-the-counter medicines, herbal and natural medicines.
- ▶ **Take it with you** each time you visit the doctor, pharmacist or health professional, or if you go into hospital.
- ▶ **Keep it with you** at all times in case of emergency.
- ▶ **Visit our website** at [nps.org.au/medicineslist](https://nps.org.au/medicineslist) to download in other languages, print additional pages or to order extra copies in English. Keep all your pages together.

The Medicines List is available in 10 additional languages: Arabic, Simplified Chinese, Traditional Chinese, Croatian, Greek, Italian, Korean, Macedonian, Spanish and Vietnamese.

 Call **Medicines Line** on **1300 MEDICINE (1300 633 424)** Monday to Friday, 9am to 5pm AEST (excluding NSW public holidays).

 Download the **MedicineWise App** so you will always have your medicines and health information with you.



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# MEDICINES LIST

Helping you keep track of your medicines

My name:

Allergies or previous problems:

Emergency contact details:

GP/specialist contact details:

