

Your doctor does not always know which medicines you are taking. At present there is no combined list of medicines. It is only YOU who knows which medicines you are taking. It would therefore make things easier if you write down the names of the medicines you are taking and bring the list with you when you meet your healthcare provider.

My medicines

- Bring the list with you when you visit your doctor.
- Update the list if you receive a new medicine or if the dose has been changed.
- If you stop taking a medicine: put a line through the name of the medicine and make a note at the side of the date on which you stopped taking it.
- By writing down the names of all your medicines, you will reduce the risk of any misunderstanding, or a mistake being made in your treatment. You will also save a great deal of time, and avoid having to remember the names of all your medicines and how often you take them when you contact your care provider.
- Remember to also include medicines obtained without a prescription as well as naturopathic or homeopathic products.

It should be noted that the ***“My saved prescriptions at the pharmacy”*** list that you received from the pharmacy only shows which prescriptions still remain to be collected. It is **not** a list of the medicines you need to take. If you feel unsure, bring all your medicine printouts and your medicines with you when you visit the doctor.

A new list of medicines can be obtained from your health centre. You can also find the list online by searching under “My medicines, VGR”.

My medicines

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A combined list of all my medicines



Mina läkemedel –
En samlad lista över alla mina läkemedel
Engelska

My medicines

Enter the names of all the medicines you are taking, even if you have purchased them without a prescription. You must remember to include vitamins, naturopathic/homeopathic products, ointments and eyedrops.

Name

Date of birth

Medicine (e.g. Alvedon, Trombyl, Simvastatin)	Strength (e.g. 500 mg)	Dose (State the number of tablets and the number of times per day. If you take the medicine as required, write “As required”.)	Reason for the medication (e.g. pain, high blood pressure)	Comments

I am allergic to:

Describe the reaction: