

## Bring your Medicines with you

**Bring all your own regular medicines with if asked to come to Self-Isolation Accommodation.**

**This includes any specialist medicines e.g. to treat cancer.**

### Patient Information

It is very important to continue to take your usual regular medicines (unless you are told not to by your doctor). This will help to make sure any other health conditions you have stay well controlled.

Bring **all** your own usual medicines with you. Bring the rest of your current month's supply of medicines. Ideally this will be at least one week but not more than four weeks supply.

- Make sure to bring all your medicines. This includes any inhalers, eye drops, injections, patches etc. If you have a spacer device which you use with your inhaler, bring it with you.
- If your medicines are packed into a blister pack by your pharmacy, bring it with you.
- Leave all your medicines in their box or packaging so that the pharmacy dispensing label is still present.
- It is helpful to bring a list of your medicines with you.
  - You can download and print a My Medicines list which you can fill out from [www.safermeds.ie](http://www.safermeds.ie).
  - It can be helpful for a relative or friend to have a copy of this list.
  - You may also want to keep a photo of this list on your phone (or take a photo of your medicines).
- Your medicines list should also contain the name and phone number of your GP and also your usual community pharmacy.

### Important:

If you are unwell, some of your usual medicines might need to change. Any changes should only be made by your healthcare professional.

If you need to get treatment from a different doctor from usual, they will need to know what medicines you usually take.