



Medication List

Every medicine, allergy and the pharmacy in one place — on one page to take along

Write down everything your parent takes — prescribed medicines, things bought over the counter, vitamins and herbal products — and this makes a clear one-page list to take to the GP, the pharmacy, a hospital or an out-of-hours visit. It is a list and nothing more: it doesn't check medicines or give advice on doses.

WHAT IT DOES

- **Everything in one place** — prescribed medicines, things bought without a prescription, vitamins and herbal products, with allergies and bad reactions printed first.
- **The easy ones to forget** — inhalers, eye drops, creams and patches have their own section, with the GP surgery and the usual pharmacy at the bottom.
- **A clear one-page sheet** to take to the GP, the pharmacy, a hospital or an out-of-hours visit — and to update when a medicine changes.

PRACTICAL

- **Free.** No sign-up, no account, nothing to buy — it runs in a web browser.
- About **ten minutes** to fill in; it makes **one page** to print, or to save as a PDF.
- **Private:** nothing you enter is saved or sent. The list holds health details, so keep the printout somewhere private.
- **Six languages.** Keep the printed list somewhere everyone knows.

WHAT IT ISN'T

A list written by the family — not a prescription record, and not medical advice. It doesn't check whether medicines go together and gives no advice on doses. The official record is the repeat-prescription slip from the GP surgery, or the prescriptions in the NHS App — take the latest slip along too, and ask the GP or a pharmacist about anything uncertain.

WHO IT'S FOR Families keeping track of a parent's medicines — and the carers who help them get ready for appointments.

How do I keep a list of my parent's medicines?

OPEN IT, FREE

valoraparentis.com/tools

New and free. If your team helps families get ready for appointments, we'd love to hear what would make it better.

