TEMPLATE 2 · ONE SHEET FOR EACH PERSON

MEDICINES, ON PAPER.

If the phones and the pharmacy's systems are down, a written list helps a pharmacist help you. Copy every detail from the labels, don't guess, and keep the latest repeat prescription slip with this sheet.

Name: _____ **Date of birth:** _____ **Date written:** _____

NHS number: _____ **Allergies:** _____

GP surgery: _____ **Usual pharmacy:** _____

MEDICINE	STRENGTH	WHEN IT'S TAKEN	WHAT IT'S FOR	PRESCRIBED BY	NEEDS THE FRIDGE? HOW LONG OUT?

KEEP IT FROM RUNNING OUT

1. Order repeats as soon as your surgery allows, not when the last box is opened.
2. Ask your pharmacist which medicines need the fridge, and how long each can be out of it. Write the answer in the last column.

IF IT RUNS OUT

Some pharmacies can give certain medicines in an emergency without a prescription, though you may have to pay. NHS 111 online has an emergency prescription service. If the phones are down, go in person, so know where your nearest pharmacy and A&E are.

☐ Grab bag ☐ By the door ☐ Photo on a charged phone

Check it whenever a medicine changes, **and once a year.**

This sheet gives no medical advice and no doses. Copy what the label says, and follow your pharmacist and GP. Emergency supplies: NHS, 'Emergency prescriptions' (nhs.uk), checked 1 November 2026.