



TOOLKIT 4 · MEDICATION SAFETY · TOOL 1 OF 5

My Medicines — Patient Card

The WHO "5 Moments for Medication Safety" for the patient's pocket: what to ask when starting, taking, adding, reviewing and stopping a medicine — with a medicine list to carry

5 Moments for Medication Safety — questions to ask

Moment	Ask
1 · Starting a medicine	What is this medicine and why? What are the risks and side effects? Is there another way to treat this? Have I told you about my allergies and other medicines? How should I store it?
2 · Taking my medicine	When and how much? How should I take it — with food, at night? What if I miss a dose? What must I avoid (food, alcohol, other medicines)?
3 · Adding a medicine	Do I really need another one? Is it safe with what I already take? Could it be a substitute rather than an addition?
4 · Reviewing my medicines	Do I still need all of these? Are any interacting? Can I stop any? Who reviews my whole list, and when?
5 · Stopping a medicine	Should I stop this, and how — suddenly or gradually? What should I watch for? Whom do I tell?

My medicine list — carry it, show it at every visit

Medicine (name and strength)	Dose	When	Why	Started	Stopped
Allergies and reactions:					
My doctor / pharmacist (name, phone):					

Adapted from WHO, "5 Moments for Medication Safety" (Medication Without Harm, 2019).

ASF standards: Standard 4 — medication safety; Standard 6 — discharge information (means of verification: card given, documented)