

Ask about your medicines

Share any questions or concerns about the medicines you are prescribed or buying – and ask about other options

Tell a health professional about the medicines you are taking

Tell them if you think the medicines you are taking aren't working or are giving you side-effects

Ask if you are unsure how to take your medicines or for how long

Ask if you need help getting a regular supply of your medicines

The word 'Medicine' can mean different things to different people. When we use the word medicine here, it includes things such as:

- Over-the-counter medicines, like painkillers
- Creams and ointments
- Inhalers or other devices
- Vitamins, herbal products or other supplements from the pharmacy, health shop or supermarket

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How do you take your medicines?

This leaflet is designed to help you understand your medicines better. The chart overleaf is to remind you when and how much to take. It is only meant for medicines you take regularly. There is no need to write down anything you have occasionally (such as a headache tablet) unless there is a problem with it.

Please show the chart to anyone who prescribes for you. When you discuss your medicines with a health professional take this with you. If your medicine is changed in any way then make sure that it is noted on the chart.

If you go to hospital take this leaflet with you and show the health professional your medicine chart.

Name _____

Date of birth _____

Phone (best contact no.) _____

Allergies _____

GP's name _____

GP's phone no. _____

