

# MAKING EFFECTIVE USE OF YOUR MEDICINES



## KNOW YOUR MEDICINES

They have **TRADE NAMES** like VUSOR © as well as **Chemical names** like Rosuvastatin.

Generic medicines are the same chemical, but sold under different trade names by different companies.

Keep a written record of your medicines that you can take with you to every health care professional you may consult. Tell you life partner where this list is, so that it is available in an emergency.

Always check your medicines when you get your prescription refilled. Call your Pharmacist if anything looks different, or something is missing.

## FOLLOW THE DIRECTIONS

The instructions on the Pharmacist's label tells you how often to take your medicine.

It will stipulate if you need to take it before, with or after a meal if necessary. Most medicines are not affected by food. Try to keep to approximately the same time every day.

If you forget a dose, **DO NOT** double the dose next time.

If in doubt, call your Pharmacist.

Do not stop taking your chronic medicine because you feel fine. Many serious conditions such as high blood pressure and high cholesterol cannot be felt.

## WATCH OUT FOR CHANGES

Notice if you feel any different since taking your medicine. If you suspect that you are experiencing a side effect, discuss it with you Doctor or Pharmacist.

All medicines may produce side effects, but not all people get them.

Do not discontinue your medicine without telling your doctor. The dose could be adjusted, or a different drug used that agrees with you better

## STORE YOUR MEDICINES CORRECTLY

Medicines should be kept in a cool, dark place, and not left in the sun. Avoid storing your medicines in a hot steamy room.

Products packed in foil blisters are usually extra sensitive to moisture and light, and should be left in their original packaging. If decanting into a pill organiser, cut out a square around the tablet/capsule, rather than pressing it out of the blister.

Keep medicines out of the reach of children.



## TAKE ADVICE FROM HEALTHCARE PROFESSIONALS

Well meaning friends or family often advise you against taking certain medicines, or recommend various health supplements/herbal products. Only take advice from your Doctor or Pharmacist who has trained for many years and is better informed.

Supplements/herbals can interact with your medicine and impact their efficacy.



## DISPOSE OF OLD/EXCESS/EXPIRED MEDICINES CORRECTLY

Return medicines to the Pharmacy for safe disposal. They will be sent for incineration or burying in concrete.

Never flush medicines down the toilet – it is illegal and pollutes our environment.

Never throw medicines into the rubbish - bin pickers may consume them in error.

