

MEDICINES LIST

Helping you keep track of your medicines

Phone for medicines information

Call Medicines Line on 1300 MEDICINE (1300 633 424) for information on prescription, over-the-counter and complementary medicines.

Call from anywhere in Australia — Monday to Friday, 9am to 5pm AEST (excluding NSW public holidays) — for the cost of a local phone call (calls from mobiles may cost more).

The information provided in this document is not medical advice. Do not use the information to treat or diagnose your own or another person's medical condition and never ignore medical advice or delay seeking it because of something in this document. Information about medicines changes over time and so the information in this document may not be accurate at the time you access it. To the fullest extent permitted by law, National Prescribing Service Ltd (NPS MedicineWise) disclaims all liability (including without limitation for negligence) for any loss, damage, or injury resulting from reliance on, or use of this information. Any references to brands should not be taken as an endorsement by NPS MedicineWise. Published: November 2013.

Using your *Medicines List*

To get the most from your *Medicines List*:

Keep it up to date by crossing out any medicines you are no longer using and adding new medicines as you start using them.

Take it with you each time you visit the doctor, pharmacist or health professional, or if you go into hospital.

Keep it with you at all times in case of emergency.

Allergies or previous problems with medicines:

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Emergency contact details:

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GP and specialist contact details:

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Important things to know about your medicines

To help you get the best results from your medicines, there are important questions you can ask your doctor, pharmacist or health professional including:

- ▶ Why do I need to take this medicine?
- ▶ How should my medicine work?
- ▶ When will my medicine start to work?
- ▶ How should I take my medicine? With water or food?
- ▶ When should I take my medicine and for how long?
- ▶ Do I need to avoid any other medicines, foods or drinks when I am taking this medicine?
- ▶ What should I do if I miss a dose?
- ▶ Do I need regular check ups or tests while taking this medicine?
- ▶ What are the side effects of taking this medicine?
- ▶ What should I do if a side effect occurs?
- ▶ How should I store my medicine?

Write down any other questions you may have:

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