

## HOW TO USE YOUR MEDICINE LIST:

- **Keep it up to date** by crossing out medicines you no longer take and adding new medicines as you start taking them.
- **Take it with you** every time you visit your GP, pharmacist or other health professional, or if you go into hospital. Keep it with you at all times in case of an emergency.
- **Review annually.**

## WHAT TO ASK YOUR GP OR PHARMACIST:

- Why am I taking it? What are its uses and benefits?
- What are the potential side effects?
- Does it increase my risk of falls, and if so, how can I address this risk?
- When should I take it and how often?
- What is the recommended dose?
- Will it interact with my other medications?
- Is it safe to use this with alcohol?
- How long should I take it for?
- What is its use-by-date?
- What are my other treatment options? Is there an alternative?

## SIDE EFFECTS:

- If your medicine makes you feel dizzy, faint or drowsy, make sure you sit or lie down.
- Some medicine may make you feel lightheaded when you get up. Sit up and stand up slowly.
- Be aware of how your medicines make you feel, especially if taking sleeping tablets.
- Your GP may be able to prescribe a different medicine which does not give you side effects.

## MANAGING YOUR MEDICINES:

- Taking **multiple** medications may increase your risk of falling.
- **Understanding** your medicines can reduce your risk of falling.
- **Visit** your Pharmacist for a free medicine check.

## TO IMPROVE SLEEP:

- Keep active during the day and avoid naps.
- Make your bedroom quiet and comfortable.
- Relax your mind before bed.
- Keep a sleep diary to identify what helps you sleep.



Partner:



Department of Health



# STAY ON YOUR FEET®

Move

Improve

Remove

## CHECK YOUR MEDICINES

### PERSONAL DETAILS:

Name: \_\_\_\_\_

Emergency contact: \_\_\_\_\_

Allergies or other medicine issues: \_\_\_\_\_

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# MEDICINE LIST



**List ALL medicines** you currently take, including prescription medicines, over-the-counter medicines, supplements and natural medicines. Medicines come in many forms, including tablets, capsules, liquids, ear and eye drops, nasal sprays, creams, patches, injections, suppositories, and inhalers.

Name of medicine (Active ingredient or brand name)	Strength	Dosage	Use of medication	Special instructions	Date started	When to stop or review
Active ingredient: Aspirin Brand name: Astrix	100 mg capsule	One capsule, once daily	Reduce risk of blood clots to prevent heart attacks and strokes	Swallow capsule whole after a meal	12/06/2024	Review in 1 year (June 2025)