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:**

**Emergency contact details:**

**GP and specialist contact details:**

**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:**

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.

Download the free MedicineList+ smartphone app so you will always have your medicines and health information with you.
Keep your Medicines List up to date

List ALL medicines currently used, including: prescription medicines, over-the-counter medicines, herbal and natural medicines. Medicines come in many forms, including: tablets, liquids, inhalers, drops, patches, creams, suppositories and injections.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Strength</th>
<th>What is the medicine for?</th>
<th>How much do I use and when?</th>
<th>Special instructions or comments</th>
<th>Date started</th>
<th>When to stop or review</th>
</tr>
</thead>
<tbody>
<tr>
<td>e.g. Active ingredient: paracetamol. Brand: Parease</td>
<td>e.g. 500 mg capsules</td>
<td>e.g. Pain from arthritis</td>
<td>e.g. 2 capsules, every 6 hours</td>
<td>e.g. Doctor recommends taking regularly, rather than as needed for pain</td>
<td>e.g. 19.11.13</td>
<td>e.g. June 2014</td>
</tr>
</tbody>
</table>

If you need more space to write your medicines, visit our website at www.nps.org.au/medicineslist to print more Medicines List pages or to order extra copies. Keep all your pages together.