

Helpful tips

- Medicines should help you stay healthy and live longer!
- If you want to know more or are worried about your medicines talk to your pharmacist, doctor or health worker.
- Medicines can look different if the brand changes. If you are not sure, always check.
- Keep medicines in a safe place where kids can't get them.
- Check the expiry date on medicines. If they are old, take them back to the clinic or pharmacy.
- Heat and light can stop medicines working properly. Do not leave them in the sun or a place that can get hot, like a car.
- Do not share your medicines with other people.

Make sure you tell your doctor, pharmacist and health workers about all the medicines you use. This might include medicines you choose from the shop or pharmacy, creams and lotions, ear or eye drops, vitamins, traditional and bush medicines, puffers and more. This helps them make sure they can all be used together safely and help you decide if they're the best medicines for you.

Extra information

Use this space to type or
handwrite notes or
comments

Placeholder boilerplate text

Medicines list

Helping you keep track of your medicines

Medicines list for:

Essential information

Patient date of birth:

Address:

Information can be
customised

Medicare no:

Concession card:

Emergency contact:

Date prepared:

Prepared by:

Essential information

Phone:

Email:

Optional information

Pharmacy stamp





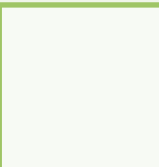

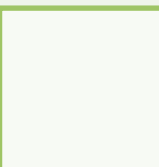
Medicine (Generic name, strength and form)	How and when to take your medicine				About your medicine (Patient-specific directions)	What your medicine does (Indication)
Cut and paste list from prescribing software	Delete or cross out columns if not required				Adjust wording to suit patient understanding	Adjust wording to suit patient understanding or use images
	MORNING	MIDDAY	EVENING	BEDTIME		
Varenicline 1 mg tablet	1	x	1	x	<i>Champix</i> . Take with food. Started 1/7/2018. Expected to finish 1/10/2018.	Help to stop smoking 
Sertraline 50 mg tablet	1					Improve mood 
Metformin 1 g XR tablet			2		Take with food	Diabetes 
Fenofibrate 145 mg tablet	1					"Help eyes"? 
Salbutamol 100 microgram puffer					Use when needed. Works best 1 spray at a time with a spacer. In an emergency have 4 sprays every 4 minutes and get help.	Short wind 
Tiotropium 2.5 micrograms/ olodaterol 2.5 micrograms puffer	2				<i>Spolto</i> . Inhale 2 sprays every morning	Prevent short wind 

Medicine allergies

1/1/1990 Ramipril causes angioedema (swollen lips and tongue)

Other medicines

Etonogestrel (Implanon) contraceptive implant inserted 1/1/2018

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