

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

Medicines list

Helping you keep track of your medicines

Medicines list for:

Patient date of birth:

Address:

Medicare no:

Concession card:

Emergency contact:

Date prepared:

Prepared by:

Phone:

Email:

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			
							<input data-bbox="1977 389 2152 563" type="checkbox"/>
							<input data-bbox="1977 585 2152 759" type="checkbox"/>
							<input data-bbox="1977 782 2152 956" type="checkbox"/>
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							<input data-bbox="1977 1174 2152 1348" type="checkbox"/>
							<input data-bbox="1977 1370 2152 1544" type="checkbox"/>

Medicine allergies

Other medicines

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			
							<input data-bbox="1980 560 2150 735" type="text"/>
							<input data-bbox="1980 751 2150 927" type="text"/>
							<input data-bbox="1980 943 2150 1118" type="text"/>
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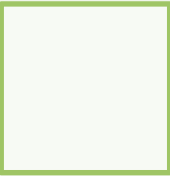


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	MORNING	MIDDAY	EVENING	BEDTIME		
Varenicline 1 mg tablet	1	x	1	x	<i>Champix</i> . Take with food. Started 1/7/2018. Expected to finish 1/10/2018.	Help to stop smoking 
Sertraline 50 mg tablet	1					Improve mood 
Metformin 1 g XR tablet			2		Take with 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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