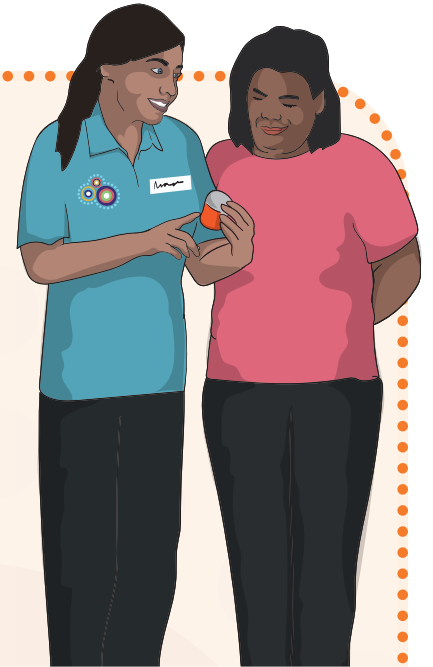


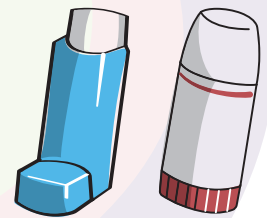
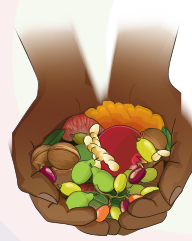
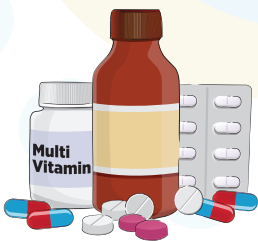
5 Questions to ask about your medicines

Understanding your medicines will help you get the most from them.

- 1 How will it help me?
- 2 How do I take it and for how long?
- 3 What are the risks?
- 4 What else can I do?
- 5 Will I need any tests or check ups?



Ask your doctor, pharmacist, nurse or
Aboriginal and Torres Strait Islander
Health Practitioner or Worker.



Remember

Medicines are only part of staying healthy.

You will need to look after yourself and get regular check ups while you are taking medicines.

Quit smoking, cut back on alcohol and other drugs, stay active and eat good food to stay healthy.

Medicine (name, strength and form)	How and when to take your medicine			
	7	X	7	X
	Delete or cross out columns if not required			
Valeriane 1 mg tablet	7	X	7	X
Paracetamol 50 mg tablet	7			
Metformin 1 g pill tablet				2
Paracetamol 145 mg tablet	7			
Sildenafil 100 milligram puffer				
Tricoupan 2.5 micrograms/ inhaler 2.5 micrograms puffer	2			

Keep a medicines list

Some medicines can make you sick when you use them together. A medicines list can help you and your health worker keep track of your medicines. They can check your medicines are safe to be used together.

This includes medicines you bought yourself at the store, got from the bush or were given to you by someone else, eg, traditional healer.



Store medicines safely

- ▶ Keep medicines in a safe place where kids can't get them.
- ▶ Store your medicines in a cool, dry place. Do not leave them in the sun or in a place that can get hot, like a car.
- ▶ Check the expiry date on medicines. If they are old, take them back to the clinic or doctor.
- ▶ When you stop using your medicine, don't put it in the bin. Take it back to the clinic or doctor.



Medicines and pregnancy

- ▶ Not all medicines are safe to take while you are pregnant or breastfeeding.
- ▶ Some medicines can move through your body into the baby or your breastmilk. Some medicines can cause harm to your baby.
- ▶ Check before taking any medicine whether it is safe for your baby.

Extra information for me:

'5 Questions' adapted from material developed by Consumer Reports. Under licence from the ABIM Foundation.

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