

## Remember that medicines are only part of you being well and healthy

- You still need to stay healthy, look after yourself and get regular check-ups while you are on medicines.
- Exercise and good food can help you stay healthy.



## Keep a medicine list to show to your Aboriginal Health Worker or Doctor

Ask for help!

What to ask:

- What is the medicine for?
- What should I expect from the medicine?
- What check-ups do I need?
- How much medicine do I need to take?
- How many times a day?
- How long do I have to take the medicine for?



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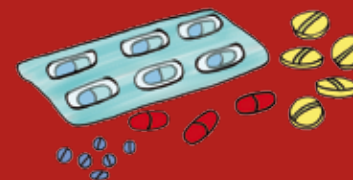


Aboriginal Health Council  
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Good Medicines Better Health

WHAT DOES IT MEAN  
AND HOW CAN IT  
BE ACHIEVED?



## Quality Use of Medicines

Quality Use of Medicines means the safe, effective and appropriate use of medicines:

- A safe medicine is one that is not overused or underused, or mixed with other drugs.
- For a medicine to be effective, it must be easy to get, stored properly and taken the right way.
- An appropriate medicine is one that has been carefully selected to meet your needs.

## What is a medicine?

Medicines include:

- Prescription medicines (prescribed by a Doctor).
- Medicines that can be bought over the counter in the pharmacy or supermarket.
- Bush medicines.
- Herbal medicines, vitamins and minerals.

## Who can help you with your medicines?

- Aboriginal Health Workers.
- Doctors.
- Nurses.
- Pharmacists.
- Other healthcare professionals.
- Family members and carers can also help you.



## What you need to know about your medicine

Some are for every day:

- Some need to be taken daily, even if you feel well (e.g. high blood pressure tablets). You might have to take them at certain times of the day.

Others are only sometimes:

- Some medicines only need to be taken when you have symptoms (e.g. asthma puffer). Check with your Aboriginal Health Worker.

## Problems with medicines

- Taking medicines at the wrong time.
- Forgetting to take medicines.
- Taking certain medicines together.
- Medicines not working well.

## Side effects

What is a side effect?

- Unwanted effects of medicines.
- Some medicines can cause side effects.
- Not all side effects are serious.
- Some examples of side effects are coughing, shortness of breath, a rash, nausea or not sleeping.



## Mixing medicines

- Not all medicines can be taken together.
- When some medicines are taken together they can make you sick.
- If you are taking medicine, it's important to speak with your Aboriginal Health Worker or Doctor before you drink alcohol.

## Storing your medicines

Medicines should be stored:

- In cool, dry and dark place.
- Out of the reach of children and animals.



## Remember

It is important to check that your medicines are working properly and not causing any side effects.

Not all medicines are safe to take while you are pregnant or breastfeeding.

Always tell your Aboriginal Health Worker, Doctor or Nurse if you are pregnant or breastfeeding.

