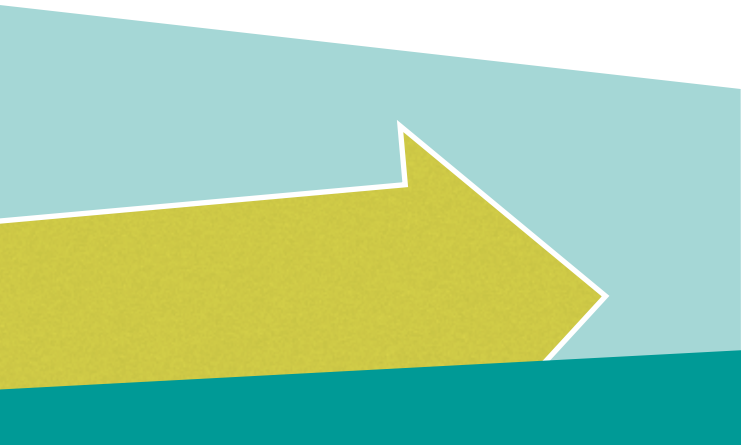


CHECK YOUR MEDICINES

If you take several medicines or have any confusion or concerns about your medicines, speak to your GP or pharmacist about having them checked;

- Ask about booking a free medicine check in a pharmacy, to explain your medicines and help you manage them better.
 - Your GP may be able to refer you for a free home medicine review, where a pharmacist will visit your home to check your medicines and ask about your concerns.
 - Remember to speak to your GP about any changes suggested by the pharmacist.
- 

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CHECK your Medicines

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KNOW YOUR MEDICINES

All medicines can cause side effects and these increase the more you take.

Taking five or more medications increases your risk of falling. It is important to understand what medicines you are taking and why. Speak to your GP, nurse or pharmacist and ask:

- Why am I taking this medicine?
- What risks or side effects should I know about?
- What are my other treatment options?



MANAGE YOUR MEDICINES

Managing your medicines can reduce side effects such as feeling drowsy, dizzy or faint.

This will reduce your chance of falling. You can do this by:

- Only take medicines which are prescribed to you.
- Keep an up to date list of your medicines with you at all times.
- Speak to your pharmacist about using a Webster Pack to help you remember when to take the correct amount of medicine.



SLEEP PROBLEMS AND MEDICINES

Sleeping tablets cause side effects which increase your risk of falling.

Sleeping tablets should not be taken for more than two weeks. See your GP to consider a gradual reduction plan if you take sleeping tablets.

To improve your sleep you can:

- Keep active during the day and avoid naps.
- Make your bedroom quiet and comfortable.
- Avoid alcohol and cigarettes in the evening.
- Relax your mind before bed.
- Keep a sleep diary to identify what helps you sleep.

