


HOW TO USE YOUR MEDICINE LIST:



- **Keep it up to date** by crossing out medicines you no longer take and adding new medicines as you start taking them.
- **Take it with you** every time you visit your GP, Pharmacist or other health professional, or if you go into hospital. Keep it with you at all times in case of an emergency.

 Use **My Health Record** to access your health details and information on your medicines.

WHAT TO ASK ABOUT YOUR MEDICINES:

To help you get the best results from your medicines, **ask your GP or Pharmacist** these important questions:

- Why am I taking it? What are its uses and benefits?
- What are the potential side effects?
- Does it increase my risk of falls, and if so, how can I address this risk?
- When should I take it and how often?
- What is the recommended dose?
- Will it interact with my other medications?
- Is it safe to use this with alcohol?
- How long should I take it for?
- What is its use-by-date?

-  Managing your medicines is an important part of staying healthy and independent.
-  Taking multiple medicines can increase your risk of falling.
-  Understanding your medicines can reduce your risk of falling.
-  Visit your Pharmacist or GP for a free medicine check.



MEDICATION SIDE EFFECTS:

Be aware of how your medicines make you feel, and tell your GP if you are having side effects. Your GP may be able to prescribe a different medicine which does not give you these problems.

- If your medicine makes you feel dizzy, faint or drowsy, make sure you sit or lie down.
- If your medicine makes you feel lightheaded when you get up, make sure you sit up and stand up slowly.



For more information on how to prevent slips, trips and falls, visit www.stayonyourfeet.com.au or phone **1300 30 35 40**

Partner:



Department of Health



STAY ON YOUR FEET®

Move Improve Remove

MEDICINE LIST

A tool to help you manage your medicines

PERSONAL DETAILS:

Name: _____

Emergency contact: _____

Allergies or other medicine issues: _____
