

Keep your Medicines List up-to-date

List ALL of your medicines including: Prescription medicines, medicines you buy over the counter from the pharmacy or supermarket, bush medicines, herbal medicines, vitamins and minerals.

Name: Date of Birth: Date to have my medicines reviewed:

Name of medicine	Strength	What is the medicine for?	How much do I use and how often?	Special Instructions or comments	Date started	When to stop or review
Example: Paracetamol	500mg tablets	Pain from arthritis in knee	2 tablets, 4 times/day		11.1.2009	11.3.2009
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2.						
3.						
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13.						

Clinic Details: _____ Contact: _____ Doctor's Signature: _____



Good Medicines Better Health

MEDICINES LIST



Important things to know about your medicines

It's important to get to know your medicines so you can get the best results from them. Some of the most important things you need to know such as what your medicine is for, how much to use, and when to use it are on the Medicines List.

Other things to know about your medicines include:

- When the medicines will begin working.
- What to do and not to do while using your medicines.
- Side effects of the medicines.

Your medicines may also be affected by your:

- Health problem(s)
- Allergies
- Other medicines
- Family history
- Previous problems with medicines
- Lifestyle

For more information, pick up a copy of the Medicines Information Booklet from your Aboriginal Health Worker, Doctor or Pharmacist.

Using your Medicines List

To get the most from your Medicines List:

- Keep it up-to-date by crossing out any medicines you are no longer using and adding new medicines as you start using them.
- Take it with you each time you visit your Aboriginal Health Worker, Doctor or Pharmacist, or if you go into hospital.
- Keep it with you at all times in case of emergency.

Allergies or previous problems with medicines:

Emergency contact details:
