

My medicines

Are you having any problems with your medicines?

- ▶ If you live with an ongoing condition you often have to take several medicines. If you have any questions or concern about these, make sure you ask.
- ▶ Keep a medicines list and when anything is changed, make sure all your healthcare team know.

So that your healthcare team know everything you are taking, take all your medicines into your next appointment with your doctor, nurse or pharmacist. Remember to take any puffers, eyedrops, vitamins, supplements, herbal products or rongoā.

- ▶ **Write down everything you are taking on the medication list on page 6 or ask your doctor or nurse to print a list and attach it there.**

Do you have any concerns about your medicines? Write them here:

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How important do you feel it is to take your medicines?

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Most people forget to take their medicines from time to time. How often do you forget?

Never Sometimes Often Every day

List any medicines you no longer take or choose not to take sometimes. (what and why)

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Do you buy any other medicines? (including herbal, supplements or others) Yes No

Which ones?

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Write any other questions or comments here:

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Show this
to your
healthcare
team!

