

Help us help you use medicines safely

Tell us

Tell your doctor, nurse, or pharmacist:

- Your allergies
- What medicines you are using



Ask us

Ask your doctor, nurse, or pharmacist:

- Why do I need this medicine?
- What are the possible side effects?



Here to help

- It's okay to ask questions about your medicines
- If you need to, get your whānau and friends to ask for you

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Waitemata
District Health Board

Best Care for Everyone

Prepare for home

Ask your doctor, nurse or pharmacist for written information about your medicines and learn:

- The name of your medicine
- What they are for
- When and how to take them
- Common side effects and how to manage them



At home

Find out more about your medicines?

- Your GP/doctor, pharmacist or nurse
- Healthline: **0800 611 116** for free advice
- Health Navigator: healthnavigator.org.nz