My name: ..... List updated: ...../...../..... Reviewed: ...../...../.....

List **all** your medicines: prescription, over-the counter, vitamin and mineral supplements & complementary or herbal medicines.

Medicine name e.g. Celecoxib (Celexi)	**Dose** e.g. 100mg capsule	**What is it for?** e.g. Arthritis	**How much and when** e.g. 1 capsule in the morning when needed	**Special instructions or comments** e.g. store in the fridge	**Prescribed by?** e.g. Dr Smith, Rheumatologist

My Medicine List

Keep this list up to date and bring this list to every GP, pharmacy or hospital visit.

Learn more about managing your health:

CANBERRA HEALTH LITERACY HUB
cbrhl.org.au

HealthCare Consumers
hcca.org.au

BY NC SA

Allergies or reactions to medicines: .....

.....

.....

.....

Your Emergency contact: .....

.....

Your GP: .....

.....

Your Pharmacy: .....

.....

Questions to ask your doctor

- Why do I need to take this medicine?
- How does it work?
- What are the side effects?
- How do I take this medicine? With food?
- Does it interact with any other medicines or supplements?
- When should it start working and how will I know?
- How should I store this medicine?
- How long will I need to take the medicine?
- What should I do if I miss a dose?

Ask your GP or pharmacist about a medicines review if you:

- Are taking more than 5 medicines
- Have had a recent medical event or hospital visit
- Aren't sure your medicines are working for you

Write down any other questions:

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Where to get help with medicines

Healthdirect: Call **1800 022 222** for free 24-hour health advice from a registered nurse or search healthdirect.gov.au for information about many medicines.

1800MEDICARE (1800 633 422): Call for free health advice from registered nurses and GP care after hours. Open 24/7.

Poisons Information Line: Call **13 11 26** if you think someone has taken an overdose or made an error with a medicine. Open 24/7.

MedsInfo: Get easy-to-read summaries, large print and audio consumer medicines information at medsinfo.com.au

Take unwanted and expired medicines to a pharmacy for safe disposal. Don't put them in your rubbish bin at home.