Do You Know…..

1. Why you are taking each medicine?
   • You should know about each medical condition and why you are being treated.

2. When is the best time to take your medicines?
   • Some medicines work best when taken at certain times of the day or particularly before or after food

3. How to take your medicines?
   • You may need to take your medicine every day or just when required.
   • Can you use your inhaler properly?

4. What are the most common side effects of your medicines?
   • Some side effects are more serious than others and you may need to stop taking your medicine.

5. If you need any blood tests to check how your medicines are working?
   • Some medicines need regular monitoring to make sure they are working properly.
   • If you don’t know the answers to these questions ASK your pharmacist or doctor

Remember…..

• This chart is intended to help you remember when to take your medicines.

• Please show it to any healthcare professional that prescribes medicines for you.

• If anyone changes your medicines, please ask them to change this chart.

• If you go into hospital it is very important to take this chart with you.

• If you wish to start taking other medicines e.g. over-the-counter medicines from your local chemist, ALWAYS ask your local pharmacist or GP for advice to ensure it is safe to take with your regular medicines.

• NEVER take any prescription medication that has been prescribed for someone else. Only your doctor will know if a medicine is suitable for you.

• If in doubt or if you have any concerns ask your local pharmacist.
• He/she is available to give you advice about any aspect of your medicines.
<table>
<thead>
<tr>
<th>MEDICATION</th>
<th>REASON FOR TAKING</th>
<th>DESCRIPTION*</th>
<th>BREAKFAST</th>
<th>LUNCH/MIDDAY</th>
<th>AFTERNOON</th>
<th>TEA</th>
<th>BED</th>
<th>OTHER INFO</th>
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*Appearance of your medicines may change, if a difference is noticed please discuss this with your pharmacist