

KNOW...

YOUR MEDICINE

KNOW the name of your medicine and why you are taking the medicine

KNOW when you must take your medicine and the right time of day to take the medicine

KNOW if you must avoid certain medicines/ food/ alcohol when taking your medicine

KNOW if you must finish the course of your medicine or if you only take the medicine when required

KNOW that all medicines have an expiry date: after this time the medicine may lose its potency or even be dangerous to take

KNOW that some medicines can have unwanted consequences (side effects) – tell your doctor / pharmacist if you feel nauseous/ develop a cough or rash

KNOW if you must take your medicine after meals or on an empty stomach

KNOW if this new medicine will interact with any other medicine/ herbal / traditional medicine you are taking

When visiting your doctor / hospital, please bring along all your medication you are taking including over the counter medication and any herbal remedies

Ensure to advise your doctor and nurse on the dosage that you have been advised to take for your medication that you bought with you and any side effects, you may be experiencing

WHAT YOU SHOULD NOT DO

DO NOT give your medicine to family or friends – it may harm them

DO NOT stop taking medicines when you start to feel better if you are supposed to take the medicine every day or complete the course

DO NOT take medicines whilst you are pregnant without making sure they are safe to use

DO NOT take your medicines with grapefruit juice – this makes some medicine ineffective

Ask your pharmacist they will ensure you understand your medicine

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your
medicine



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 **lenmed**
Embrace every day

KNOW...

HOW TO STORE YOUR MEDICINE

KNOW that you must store your medicine in a safe place out of reach of children

KNOW that certain medicines must be stored in the fridge otherwise they become ineffective

KNOW that some medicines are adversely affected by light

WHAT YOU SHOULD NOT DO

DO NOT store your medicine where they can be reached by children

DO NOT store your medicines in a bathroom cabinet or in a kitchen cupboard near the kettle – the steam may destroy the medicine

DO NOT store your medicines in a damp place

Ask your pharmacist – they will ensure you store your medicine correctly

Do not store your medicines where they can be reached by children



Your pharmacist will ensure that your medicines are disposed of safely

KNOW...

HOW TO DISPOSE OF MEDICINE SAFELY

KNOW that you must get rid of medicine once it has expired or you have been prescribed new medicines

WHAT YOU SHOULD NOT DO

DO NOT throw old or unwanted medicine in the rubbish – children may find this, take it and become ill or be poisoned

DO NOT flush old or unwanted medicine down the toilet or the drain – this pollutes the municipal water system

KNOW...

ABOUT GENERIC MEDICINES

KNOW that generic medicines have the same active ingredient, dosage form and strength as the brand name

KNOW that generic medicines are cheaper, and thus are cost effective

KNOW that generic medicines are safe and have been approved by the Medicines Control Council

KNOW that generic medicines are of a good quality

Ask your pharmacist about generic medicines

KNOW...

ABOUT ANTIBIOTICS

KNOW that antibiotics are used to treat an infection

KNOW that you must always complete a course of antibiotics, even if you start to feel better

KNOW that bacteria can develop resistance to antibiotics so that in time the antibiotics become less effective

KNOW that certain antibiotics interact with contraceptives which may lead to an unwanted pregnancy

WHAT YOU SHOULD NOT DO

DO NOT stop taking antibiotics because they make you feel ill

DO NOT take the antibiotics irregularly – they must be taken as the doctor directed

Ask your pharmacist about the correct use of antibiotics

