

# Medicine Considerations

## Considering Carers in Health Carer Support Center

Phone 9462 9488

 [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

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Adapted from NPS Medicine Wise

It is important you seek clarification of the reason a medicine being taken. Keeping this and other key medicine information written down for easy access will help prevent mistakes from occurring.

All health professionals need to know what medicines are being used, including dosages and how often it is being taken. Having access to the correct information meant they can make informed decisions, so that they can make the correct decisions about the health of yourself or the person you are caring for.

### Medicines can include:

- Prescription medication
- Over-the-counter medication (e.g. vitamins)
- Herbal medicines (natural (complementary) medicines)
- Illicit medicines

### And can come in the form of:

- tablets/capsules
- lotions/creams/ointments
- patches
- drops
- inhaled, implantable devices

To help keep track of medicines information, you should use the medicines list, at the back of this book.

For certain situations, keeping track of medications can sometimes be difficult. More importantly, ensure the information is clear and available at the following points on your healthcare journey.

## At home or seeing any health professional

- Keep your medicines list up to date.
- Make sure you have the medicines list with you each time you have an appointment with, or visit, your regular health professional. This is especially important if you see someone new.

- If you stop or start taking a new medicine, let them know.
- If you are having any issues with the medicines or experiencing any negative effects, ask for a medicine review.

## Going to hospital

This situation could occur suddenly and without much notice. To ensure that the process runs smoothly, follow the following advice:

- Take your up-to-date medicines list with you, as well as the medicine containers, and show them both to the doctor, nurse, or pharmacist.
- Your medicines should be checked on arrival and when you're moved around the hospital.
- For your own safety, you may be asked questions about the medicines that are being taken. Make sure these questions are answered honestly.
- Refer to your medicines list if needed. The doctor may wish to take a copy of your medicines list.

## Leaving hospital

- The medicines you are taking could be changed during the time at the hospital. When you leave, make sure you ask which medicines you should continue to take, and ensure the medicines are fully explained.
- Ensure the doctor updates the medicine list before you leave.
- Check the active ingredients of all your medicines to avoid any doubling up. Ask your health professional if you're unsure.



**Health**  
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- Ask your pharmacist to print a medilist to support you to take your medicine correctly.

It is important that you have up-to-date information as mistakes can happen and put you, or whom you care for at risk of harm.

## Who can I contact for help?

It is likely that you could have some questions about particular medicines that have been prescribed or that are being taken. If you are looking for assistance, that is not an emergency situation, you might contact your local pharmacist for advice.

NPS Medicine Wise can offer basic information on medicines. You can contact them on 1300 633 424. Your call will be answered by Health Direct Australia, and you will talk to a registered nurse.

The registered nurses can provide you with information on:

- Prescription medicines
- Over-the-counter medicines
- Herbal medicines (natural (complementary) medicines)

Their phone services are available 9:00am to 5:00pm, Monday to Friday, except on public holidays.

You can also visit their website at [nps.org.au/medicinewise](https://nps.org.au/medicinewise) which may be able to provide you with answers to some of your questions, or simply provide you with further information.

You can also download the NPS Medicine Wise application and electronic medication kit and reminder application on the iTunes and Google Play stores.

## Using your medicines list

On the following page you will find a Medicine List for you to use.

In order to use this as best you can, NPS recommends the following:

1. Keep it up-to-date by crossing out any medicines you are no longer using and adding new medicines as you start them.
2. Take it with you each time you visit the doctor, pharmacist, or health professional, or if you need to go to hospital.
3. Keep it with you at all times in case of emergency.

You should also keep the following information with your Medicine List:

- Details of any allergies you have, or previous problems with any medicines.
- Emergency contact details

In order to get the best results from the medicines you are taking, you should discuss the following questions with your doctor, pharmacist or health professional:

- Why do I need the medicine?
- How should my medicine work?
- When will my medicine start to work?
- How should I take my medicine?
- Can I take it with water or food?
- When should I take my medicine and for how long?
- Do I need to avoid any other medicines, foods, or drinks when I am taking this medicine?
- What should I do if I miss a dose?
- Do I need regular check ups or tests while taking this medicine?
- What should I do if a side effect occurs?
- How should I store my medicine?



### Carer Support NSLHD

Ph: 9462 9488

[www.nscarersupport.com.au](http://www.nscarersupport.com.au)

Providing information, education, advice and guidance to carers in our hospitals and in the community.

Our website provides information for carers [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

The Event diary provides information on education sessions in the region, covering a range of topics, and other events for carers.

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