



Tips for remembering your medicines

Get the best from
your medicines



Veterans' **MATES**

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For your medicines to work well it is important to remember to take them. Use these tips to get the best results from your medicines.

What should I do?

- ❌ Keep an up to date list of all your medicines. If you do not have a medicines list, your doctor or pharmacist can organise one for you.
- ❌ Ask for two copies of your medicines list. Keep a copy with you and keep a copy with your medicines.
- ❌ Talk to your doctor about a Dose Administration Aid. DVA provides this service free to eligible veterans.
- ❌ Use reminders that work best for you to take your medicines.
- ❌ Ask your doctor for a medicines review every 6 to 12 months.
- ❌ Talk to your doctor if you are unsure about your medicines or if you think you may be having side effects.

Always talk to your doctor before stopping any medicine.

Keep a **medicines list**

Keep a list of all your medicines. Include those you buy from the chemist, health food shop and supermarket.

Include on the list:

- the name of the medicine
- the active ingredient
- the strength
- how much you should take and how often
- when you started using it and why
- special instructions (e.g. side effects to watch out for, how long to take it).

Take this list with you each time you visit your doctor.

Talk to your doctor if you have any concerns about the medicines you are taking.

Use **reminders**

Use the reminders that work best for you:

- Leave notes in easy to see places to remind you when to take your medicines.
- Ask a friend or relative to remind you.
- Keep your medicines in a special place with other important items.
- Use a calendar to note when you have taken your medicines.



Use a **medicines organiser**

Use a medicines organiser to make it easy to take your medicines at the right time.

Your pharmacist can pack this for you regularly.

An organiser can be called:

- a Dose Administration Aid (DAA)
- dosette box, or
- blister pack e.g. Webster-pak®.

If you are not using a medicines organiser, make sure you keep your medicines in their own packets so they are easy to identify.