

# My current medicine routine



Name, strength & amount of my medicine	How I take it	Time of day I take it	How it relates to daily activities
• hydrochlorothiazide 12.5mg half a tablet	Take my three blood pressure	5:30 when I get up	I get up early to take my tablets before breakfast. It makes for a long day.
• ramipril 5mg two tablets	tablets half an hour apart	6:00am	
• nifedipine 10mg one tablet		6:30am	
• risedronate 5mg one tablet	Take half an hour or so before my	7:30am	I have to wait about 2 hours before going out after taking my fluid tablet –
• thyroxine 100mcg one tablet	breakfast	7:30am	
• paracetamol 500mg two tablets	Take with breakfast	8:00am	sometimes I miss playing cards with the girls, but I am often so tired that I can't be bothered going out anyway.
• metformin 500mg one tablet		8:00am	
• frusemide 20mg one tablet		8:00am	
• calcium 600mg one tablet	Take two hours after thyroxine	10:00am	I always have aches and pains in my legs and arms, I suppose it comes with getting older.
• paracetamol 500mg two tablets		12:00 Midday	
• metformin 500mg one tablet	Take with lunch	1:00pm	
• paracetamol 500mg two tablets		4:00pm	
• hydrochlorothiazide 12.5mg half a tablet	Take before 6pm	5:00pm	
• nifedipine 10mg one tablet	Take 12 hourly	6:30pm	
• metformin 500mg one tablet	Take with dinner	7:00pm	
• simvastatin 40mg one tablet		7:30pm	
• paracetamol 500mg two tablets	Take at bedtime	8.00pm	

# My new medicine routine



## My medicines

**Important notes** (e.g. Take thyroxine tablet before food, take diuretic after playing golf)

## Medicines I sometimes take



- thyroxine 100mcg one tablet
- risedronate 5mg one tablet
- hydrochlorothiazide 25mg one tablet
- nifedipine 10mg one tablet
- metformin 500mg one tablet

Take thyroxine and risedronate half an hour before food (store thyroxine in fridge)

Take all other medicines with breakfast

paracetamol 500mg two tablets



- frusemide 20mg one tablet
- metformin 500mg one tablet

Take after getting home from morning activities

Take with lunch

paracetamol 500mg two tablets (if needed)



- ramipril 5mg two tablets
- calcium 600mg one tablet
- metformin 500mg one tablet
- simvastatin 40mg one tablet
- nifedipine 10mg one table

Take all medicines at dinner time

paracetamol 500mg two tablets