

# Tips about medicines safety

Here are some tips for remembering to take your medicines and how to take them safely.

► Tips to help you remember to take your medicines:

- Ask your pharmacist about blister packs (*there is a charge for blister packs*).
- Use a pill organiser.
- Develop a routine for taking your medicines. For example, first thing in the morning or with breakfast.
- Set an alarm to remind you about the medicines that need to be taken at a particular time each day.
- Use an app on your phone such as: **MyMedSchedule**, **MyMeds** or **RxmindMe**. You can read app reviews at [hn.org.nz/applibrary](https://hn.org.nz/applibrary).

► Tips to help you take your medicines safely:

- Take your medicines **as prescribed or recommended by your doctor as written on the label**.
- Make sure that you don't forget to get your prescription filled before you run out.
- Never give your medicines to anyone else.
- Tell your doctor or nurse about any herbal and natural health products you take.
- Keep medicines out of reach of children.
- Return unused medicines to the pharmacy.

*If you find it hard to remember to take your medicines or you're unhappy about the medicines you're taking, talk to your doctor or pharmacist.*

