

My medicines

You may take a number of medicines. Sometimes your medicines or doses are changed, so it's important to keep an accurate and up-to-date list.

There are a number of ways you could do this. You could take all your medicines to your next appointment, take a photo, or ask your support team or pharmacist to help you.

Include everything you are taking such as rongoā, other traditional medicines, eyedrops and over-the-counter medicines such as Lemsip or paracetamol.

Which of your medicines do you believe are working really well?

Are there any medicines you choose not to take sometimes? Why?

Are there any medicines you have stopped taking? Why?

What side effects would you like to talk about?

Everyone forgets to take their medicines from time to time. Which medicines do you forget to take and how often?

Your healthcare professional can simplify how you take your medicines. This can include changing the timing of them, using blister packs, or a reminder app on your phone. Would this help? Yes ☐ No ☐



For more information, visit
healthify.nz/kete

Don't worry, everyone
forgets sometimes!



Medicines list

List of all my medicines, puffers, creams, vitamins and supplements



Take this list
with you to your
appointments



Medicine name(s)	Strength and amount	Times & dose			What is it for?	Questions
		Morning	Lunch	Dinner		

Talk with your doctor, nurse or pharmacist before stopping any medicines.