

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.

► 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.

