This medicine planner will help you to keep track of all your medicines and to take them at the right times and at the right doses.

- Fill in this table with details of your medicines.
- Keep this sheet where you can see it, near your medicines. Take it with you when you travel.
- If you stop taking a medicine or start taking a new medicine, remember to change this list.
- If you have any questions about your medicines or this form, speak to your doctor or pharmacist.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Strength</th>
<th>How many to take and when</th>
<th>am</th>
<th>pm</th>
<th>For</th>
<th>Looks like ...</th>
<th>Dr</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Amlodipine</td>
<td>2.5 mg</td>
<td>One tablet a day with evening meal</td>
<td></td>
<td></td>
<td>High blood pressure and Angina</td>
<td>Round white tablet</td>
<td>Dr Smith</td>
</tr>
</tbody>
</table>

**Fact Sheet 1: Dementia and stroke or coronary heart disease**
Tips for taking medicines

Some of these tips may work for you.

**MAKE A LIST** Write down all the medicines you take and how to take them (how often, time of day, with food, etc.). Keep the list somewhere visible, such as on your fridge – and give a copy to your partner, family member or friend.

**ESTABLISH A ROUTINE** Take medicines at the same time each day and with meals (if appropriate).

**USE A PILL BOX** Fill a weekly pill box (dosette box) to help you stay organised, keep track of your medicines and know when you need to refill your prescriptions. Your pharmacist can also help.

**USE MEMORY PROMPTS** Use memory prompts such as your phone diary and alarms. You can get alarmed pill boxes from your local pharmacy or doctor, and an electronic diary can help. Or, keep a paper calendar or diary on hand and write down each time you take your medicines.

**KEEP SUPPLIES OF MEDICINES HANDY** Be aware of when you need to refill prescriptions so you don’t run out of medicines. Make a note on your calendar or set a reminder in your mobile phone.

**PLAN FOR TRAVEL** Prepare for holidays by getting a stock of medicines before you go. When travelling, be aware of different time zones and fix your dosing times. Your carer, doctor or pharmacist can help.

**SHARE IDEAS** Find out from other people what they do to help them to remember to take their medicines.