

Medicine planner

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.

Medicine	Strength	How many to take and when	am	pm	For	Looks like ...	Dr
Example: <i>Amlodipine</i>	<i>2.5 mg</i>	<i>One tablet a day with evening meal</i>		<i>1</i>	<i>High blood pressure and Angina</i>	<i>Round white tablet</i>	<i>Dr Smith</i>

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.