

# Me and my medication



**In this info guide you can find information about**

- What should I know about medication?
- What does my prescription say?
- Taking medications safely
- What can I do if there is a problem?



This means important



This means an idea or tip

# What should I know about medication?

Medications can help you to get better.

There are many kinds of medications.

Medications include tablets, creams, drops and other things.

## Before starting medication you can find out

- What the medication is for
- What it will do
- How they will make you feel
- How long to take it
- If there is another way to get better

Then you can make a good decision about it.



The chemist or pharmacist can tell you more about medication.

You can also ask for an opinion from another doctor. This is called a second opinion.

**!** Remember to tell your doctor about everything you take. For example tablets, herbs or drops. Remember to tell the doctor about any allergies you have.

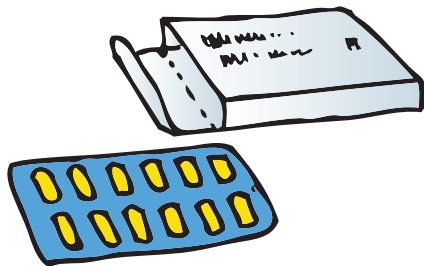
# What does my prescription say?

The doctor may give you a piece of paper called a prescription, or script.

It tells the chemist about your medication.

## The script will say

- The name of the pill
- The strength of the pill
- When to take them
- How many pills to take
- How many days to take them.



Remember to ask how much it will cost.

There might be a medicine that costs less.



### It helps to go to the same chemist.

Your chemist can give you good info about medication.

They can make a medicines list with you.

This helps you keep track of things.

# Taking medications safely

It is important to take your medications the right way.

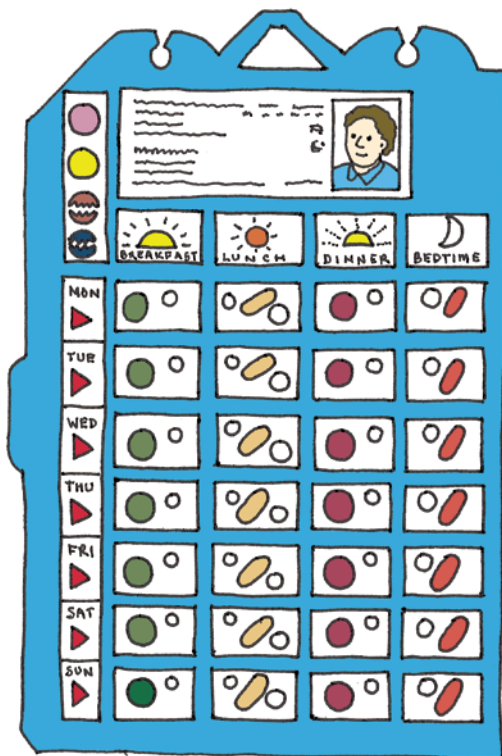
## You can do this by

- Taking the right pills
- Taking the right number of pills
- Taking the pills at the right time

Tell your doctor if you can not remember to take your pills.

Your doctor can write to the chemist.

The chemist can put your pills in a Webster pack.



## This is a Webster Pack.

Webster packs cost a bit more.

But they can help you to get it right.



**Your medicines should be checked by a doctor at least once a year.**

## What can I do if there is a problem?

Taking the right medication helps you get better.

But sometimes they might not be right for you.

It can take time to find the right kind.

When you start new medication it helps to let someone know.

They can help you watch for any changes.

**!** If you feel worse after taking medication, get help straight away.

**If you are very sick, call 000.**



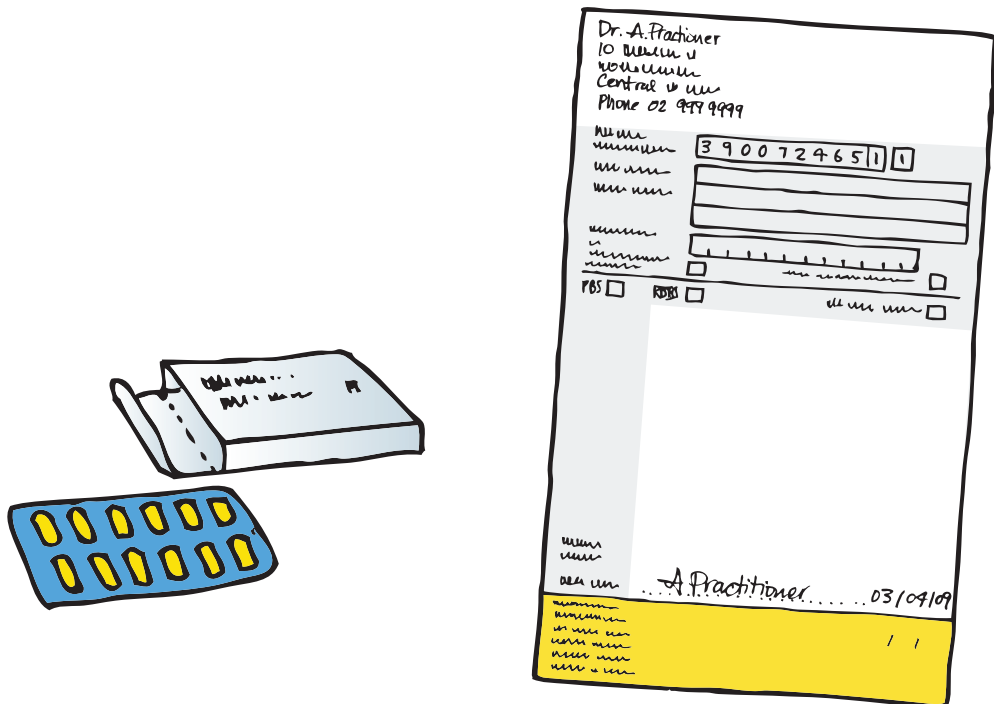
### Some signs of medication problems are

- Throwing up or vomiting
- A rash on your skin
- Feeling confused
- Sweating
- Feeling sleepy
- Speaking slow or fast

# Remember

## I can take charge of my health when

- ✓ I make good choices about my medication
- ✓ I know what my medications are
- ✓ I know the right way to take my medication
- ✓ I know what to do when there is a problem
- ✓ I know who to ask for more info.



! It is your right to know about pills and treatments.  
The doctor must tell you what you need to know.  
When you have enough info, you can make your choice.

## Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about:

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

**You should always talk to your doctor about your health.**



## Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

**Healthdirect 1800 022 222.**



## My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email [mhm@cid.org.au](mailto:mhm@cid.org.au)

 [www.cid.org.au/mhm](http://www.cid.org.au/mhm)



View all our easy to read health info guides here:  
[www.cid.org.au/health-guide](http://www.cid.org.au/health-guide)

This info guide was written in July 2009.  
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