

Before you take it...

KNOW

your
medication

CHECK

the dose
and time

ASK

your doctor,
pharmacist or
nurse about:



- **what will happen if you don't take your medication**
- **if you take any herbal or over-the-counter medicines**
- **the benefits of your medications**
- **any side effects or risks**
- **how long you'll be taking the medication for**
- **how you'll know if it's working**
- **anything you should avoid while you're using medication and afterwards**



5 Steps for Safer Medicine Use

Follow the 5 steps below to create safer homes and healthier families:



- 1 Talk to your doctor, pharmacist or nurse about any questions you may have
- 2 Use medication only as directed
- 3 Don't share medications
- 4 Store your medication in a safe and secure place away from children, pets and anyone vulnerable. Keep them somewhere cool and dry and out of direct sunlight
- 5 Dispose of medications safely

Useful Tips

- It's always a good idea to keep an updated list of all your medications, including prescription, over-the-counter and herbal medications
- You can ask for a review of your medication at your GP practice or Community Pharmacy
- Dispose of medications safely by returning them to any community pharmacy
- If you're having problems with your medication, talk to your doctor or pharmacist or call 111 first before making any changes