

# 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