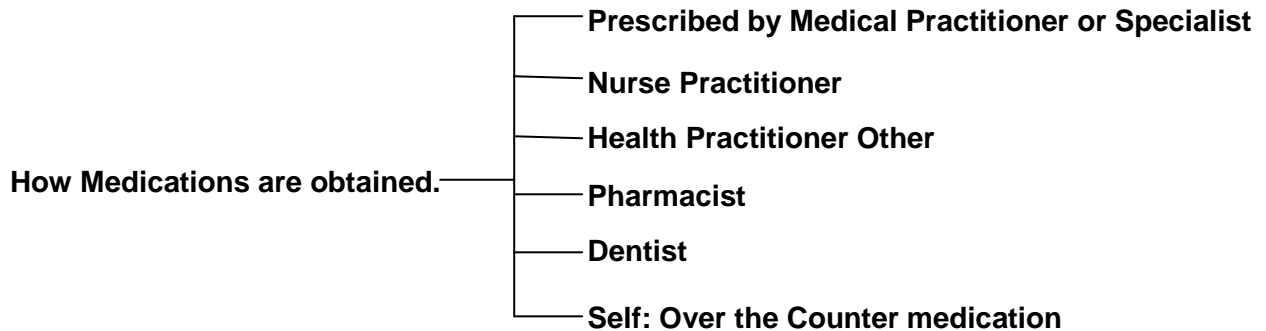


### How to Improve your health status by optimising Safe Use of Prescription Medication



### **Never take medication prescribed for another person**

The following steps are recommended so that you are fully informed about your medications so that medication errors do not occur. Please follow this process when a new medication is prescribed, or when discussing over the counter medications with your pharmacist or other health professional.

Knowledge is power, and you need to take a positive and responsible approach to your health status.

1. What is the name of the drug?
2. Why do you need to take it?
3. What will the drug do to your body?
4. When do you start taking it?
5. What time do you take it?
6. Do you take it on a full or empty stomach?
7. When do you stop taking it?
8. What are the possible side effects of taking the medication?
9. How will it interact with other medications I am taking?
10. Will it interact with my allergies to certain medications?
11. Is there a drug information sheet available to me to take home and read?
12. What are the consequences of me not taking the medication?
13. Check the expiry date of the medication?
14. Ask chemist when the medication needs to be discarded after opening?