Using medicines safely.

Tips on using medicines safely

Talk to your doctor or pharmacist about what you're taking.

It can be helpful to **make a medicines list** – what you take, when and how it's taken.

Always take medicines according to the packet's instructions. Ask your doctor or pharmacist to explain any special directions for use.

Use the right amount. Don't take larger doses of a medicine thinking it will help more. This can be very dangerous and even cause death depending on the medicine you are taking.

Be aware of potential interactions with **other medicines, illegal drugs or alcohol.**

Make sure the medicine is not **damaged** or past the **expiry date**. You can return expired medicine to the chemist.

Regularly review your medicines with your doctor – do you still need to be on them, and if not, how to safely stop taking them.

Do not share medicines with others and avoid taking medication prescribed to someone else.

Find out if it's **safe to drive** while using your medication.

Avoid using **alcohol or other drugs** with your medicines.

Tell your doctor if you use alcohol or other drugs. This can affect how well your medicines work. Be honest with your doctor, they're there to support you.

Always **check in with your health professional** before stopping taking medication.

Talk to your doctor **if you experience side effects, or you're worried the medicine's not working.** There may be something else you can take.

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