



## Do you need help with your medicines?

If you answer **YES** to any of these questions take this leaflet to your community pharmacist for advice. You may be eligible for extra support from your community pharmacist and they will explain the ways they can support you.

### Taking your medicines checklist

**YES**

1. Do you often run out of medicines before you have a chance to get a new prescription and have it filled?
2. Do you sometimes forget to take your prescribed medicines?
3. Do you run out of different medicines at different times?
4. Do you have medicines at home that you're not sure if you should take any more?
5. Are you unsure about how to take your medicines correctly?
6. Are you unsure about what each of your medicines is for and how they will help you?
7. Do you ever decide to cut back or stop taking medicines without telling your doctor or your pharmacist?

### Want to know more?

Speak to your community pharmacist for more information or if you have questions.

### Your community pharmacist is:

Community Pharmacy Services



# Does taking your medicines ever get complicated?

## YOUR COMMUNITY PHARMACIST CAN HELP YOU

By providing you with an extra service. This service will support you to manage your prescribed medicines.

Your pharmacist will work with you and your other health carers to plan the best ways to support you.

This is more important if you have a long term health condition. Some examples of a long term condition include:

- High blood pressure
- Diabetes
- Arthritis
- Angina or heart failure.

### What will I get if I register?

Your pharmacist will talk to you about your medicines and ways to help you to stay in charge of your own medicines. This could include:

- Reminding you when you should take each dose
- Prompting you to pick up your next medicine supply or get a new prescription
- Making sure you don't have to make unnecessary trips to your doctor or pharmacy to pick up your prescriptions
- Suggesting aids to help organise your medicines.

They may even refer you to other specialist or helpful services.



### What do I do next?

1. Complete the medicines checklist
2. Show it to your pharmacist
3. Talk to your pharmacist about your medicines and how you take them. Your pharmacist will consider your eligibility for extra services they can provide and explain these to you
4. Together, you can decide what service is appropriate for you and if it is something you would like to register for
5. With the help of your pharmacist complete your registration into the appropriate service by completing the form they provide you with.

### What else will I need to do?

Work with your community pharmacist to learn more about the best ways they can help you.

Their advice is free and they will talk to you about:

- Getting your regular medicines from the community pharmacy you register with for pharmacy services
- Giving your consent for information about your medicines to be shared with your GP and your other health providers.
- That by completing the registration form provided you are agreeing to the points above.
- Should there be any costs, these will be discussed with you.

### What happens if I am away from home?

You can still use another pharmacy for urgent prescriptions or if you're away from home, but you won't receive the additional help your home pharmacy usually gives you.