

# Safe use of medicines

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## Summary of the guide on the safe use of medicines

You will find information about the medicine on the package and in the package leaflet. The package leaflet is an instruction leaflet inside the package. You can always ask your doctor, your nurse or your pharmacy about the medicine.

### What medicine forms are there?

Medicines come in different forms such as tablets, drops and creams. There are issues associated with each medicine form that you must consider when taking the medicine.

Before you start taking the medicine, always check the package leaflet for what you should know about taking the medicine.

### How do I administer my medicine?

Take the medicine at the right time. Check with your doctor, nurse or pharmacy whether you need to take your medicine at a certain time of the day. Stand or sit when you take the medicine.

**A course of medicine** means that you take the medicine only for a short period.

**Regular medication** means that you take the medicine at regular intervals, usually every day.

**A medicine taken as required** means that you take it only if you have a symptom.

### Can I cut my medicine in half or crush it?

You can cut a tablet in half if it has a groove, a line in the middle. Do not cut or crush capsules.

### What should I do if I forget to take my medicine?

If you forget to take your medicine at the right time or it comes back up with vomit, check the instructions on the package leaflet. You can ask your pharmacy, your nurse or your doctor for advice.

### What should I do if I take too much medicine?

If you take too much medicine, see the instructions on the package leaflet. You can also ask your pharmacy, your nurse, your doctor or the Poison Information Center for advice.

The number of the Poison Information Center is 0800 147 111 (calls are free) The Poison Information Center is always open.

Never take a medicine that has been prescribed for someone else. Do not give your own prescription medicines to anyone else.

## How does the list of medicines help me?

The list of medicines is an up-to-date list of all the medicines that you take.

The list of medicines includes:

- prescription medicines prescribed by a doctor
- over-the-counter medicines that you get from a pharmacy
- food supplements
- vaccines
- drug allergies.

In the list of medicines, record the names, doses and indications of all the medicinal products that you take.

**Keep the list of medicines with you at all times.  
Show it to a professional  
when visiting a pharmacy or healthcare.**

## How do I monitor whether my medication is in order?

It is a good idea to monitor your medication yourself. Ask your doctor what are the aims of your medicinal treatment.

If the medicine does not help, you get adverse reactions or you have problems with taking the medicine, contact your nurse, your doctor or the pharmacy.

## How do I store my medicines?

Correct storage of medicines guarantees that the medicines will be effective and safe until their expiry date.

You will find the storage instructions on the side of the package and in the package leaflet.

## How do I dispose of expired and unnecessary medicines?

Do not use expired medicines.

Take expired medicines to a pharmacy. The pharmacy will dispose of them safely.

Read more:

[Guide on the safe use of medicines](#)



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