

# Help prevent medicine mistakes with an up-to-date **MEDICINES LIST**

You can get more copies of the NPS *Medicines List* by ordering, downloading or printing them from [www.nps.org.au/medicineslist](http://www.nps.org.au/medicineslist) or by asking your pharmacist. It is also available in other languages and as an iPhone app.

NPSE1234

This information is not intended to take the place of medical advice and you should seek advice from a qualified health professional. Reasonable care is taken to provide accurate information at the date of creation. Where permitted by law, NPS and the Australian Commission on Safety and Quality in Health Care disclaim all liability (including for negligence) for any loss, damage or injury resulting from reliance on or use of this information.



P. 02 8217 8700  
E. [info@nps.org.au](mailto:info@nps.org.au)  
[www.nps.org.au](http://www.nps.org.au)  
Level 7/418A Elizabeth St  
Surry Hills NSW 2010  
PO Box 1147  
Strawberry Hills NSW 2012

Independent, not-for-profit and evidence based, NPS enables better decisions about medicines and medical tests. We are funded by the Australian Government Department of Health and Ageing.  
© 2012 National Prescribing Service Limited ABN 61 082 034 393

Call **Medicines Line** on **1300 633 424**, for medicines information over the phone. This service is available Monday-Friday 9am-5pm AEST.

Find out how at [www.nps.org.au/medicinewise](http://www.nps.org.au/medicinewise)

## **BE MEDICINewise**

**AUSTRALIAN COMMISSION ON SAFETY AND QUALITY IN HEALTH CARE**  
The role of the Australian Commission on Safety and Quality in Health Care is to lead and coordinate improvements in safety and quality in health care across Australia.  
© Commonwealth of Australia 2012 [www.safetyandquality.gov.au](http://www.safetyandquality.gov.au)

## **IMPORTANT INFORMATION ABOUT YOUR MEDICINES**

Keep this safe and refer to it each time you go into hospital

NAME: .....

If found, please call: .....

**AUSTRALIAN COMMISSION  
ON SAFETY AND QUALITY IN HEALTH CARE**



CLIENT **NPS**  
PROJECT **Med Info Wallet**  
FILE **NPS0038\_Med Info Wallet\_FA01**  
SIZE / STAGE **372mm x 260mm / FA01**  
CONTACT / DATE **MD / March 16, 2012**

FONT FAMILY USED: GOTHAM FAMILY  
  
C M Y K Pantone 269 C

CLIENT: Whilst all care is taken in preparing this artwork the client assumes sole responsibility for copy accuracy and printing  
PRINT SUPPLIER: You are responsible for checking artwork before plates are made for accuracy in measurements, plate requirements, registration and construction detailing.  
COLOURS are a guide only – refer to Pantone colour chips.

# MISTAKES CAN HAPPEN WITH YOUR MEDICINES

Mistakes can happen with your medicines when you go into and come out of hospital, change wards or see different health professionals in the community. Having the right information about your medicines at all times will help prevent mistakes.

Health professionals need to know about all the medicines you use so they can make the right decisions about your health. Medicines include prescription, over-the-counter, herbal and natural medicines, and come in different forms, such as tablets, lotions, patches and drops.

## You and your carer can help prevent medicine mistakes

Keep track of all your medicines with a *Medicines List*. Your doctor, nurse or pharmacist can help you fill it out. Speak up if you're ever unsure about your medicines.



### LEAVING HOSPITAL

- ▶ Ask which medicines you should continue using at home and for all changes to be explained.
- ▶ Leave with an up-to-date *Medicines List*.
- ▶ Check the active ingredients of all your medicines to avoid doubling up. Ask your health professional if you're unsure.
- ▶ Show your regular doctor and pharmacist your updated *Medicines List* and hospital discharge information so they can update their records.



### AT HOME/SEEING ANY HEALTH PROFESSIONAL

- ▶ Keep your *Medicines List* up to date.
- ▶ Take your *Medicines List* every time you visit your regular health professional or someone new. If you stop or start a medicine, let them know.
- ▶ Ask your doctor or pharmacist for a medicines review if you have any problems with your medicines.



### GOING INTO HOSPITAL

- ▶ Take your *Medicines List* and medicine containers with you and show them to the doctor, nurse or pharmacist.
- ▶ Your medicines should be checked on arrival and when you're moved around the hospital.
- ▶ For your safety, you may be asked questions about your medicines, so answer them honestly.