



Medicines

You and your family may need medicines to maintain your health.

Your doctor may prescribe medicines that will help to control symptoms, improve your quality of life, help you stay out of hospital and live longer. Importantly, most of your medicines will need to be taken for a long time.

You can discuss your medicines with your doctor, nurse or Aboriginal Health Worker.



Why are medicines important?

Medicines, when prescribed by your doctor, can reduce the risk of heart attack, chest pain (angina), heart failure and stroke.

These medicines control symptoms and risk factors, improve quality of life and help heart patients to live healthier and longer.

Important hints when taking medications

You must not stop taking your medicines or change the dose without talking to your doctor, nurse or Aboriginal Health Worker.

You should learn the names and dose of your medicines and know what they are for and why you are taking them.

Sometimes you can have a reaction to medications, such as itching of the skin or a cough that will not go away. Talk to your doctor, nurse or Aboriginal Health Worker if any of these reactions occur.

Do not share your medicines with other family members.

Be aware that some medicines have more than one name, which can be confusing.

Check the expiry date on your medicines; this can be called the 'use by' or 'best before' date.

Know how to store medicines

When you travel, make sure you have enough medicine with you so that you do not run out.

For more information about medicines, you can phone the NPS Medicines Line on 1300 633 424.

