DID YOU KNOW?

If medicines aren't used correctly the results can be serious.

An estimated 9 million Australians take prescription medicine every day.

Each year more than 230,000 Australians are hospitalised with problems caused by their medicine.

61% of Australians have stopped their medicine without consulting a health professional or did not take it as directed.

If you have questions about your medicines, speak to your doctor, nurse or pharmacist.

FIND OUT MORE ABOUT BEING MEDICINEWISE

☐ Read the latest information about being medicinewise at nps.org.au/consumers

☐ Find 5 questions you can ask your doctor or other healthcare provider about tests, treatments and procedures at choosingwisely.org.au/5questions

☐ Call our Medicines Line on 1300 MEDICINE (1300 633 424)

☐ Download our free MedicineWise app

☐ Follow us on Facebook and Twitter

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Independent, not-for-profit and evidence-based, NPS MedicineWise enables better decisions about medicines, medical tests and other health technologies. Developed with funding from the Australian Government Department of Health.

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OUR FAMILIES MATTER

So it’s important to make safe and wise decisions about medicines and health nps.org.au

Be Medicinewise Week 2018

20 - 26 AUGUST

WEEK 2018

This initiative is funded by the Australian Government Department of Health.
IS YOUR FAMILY MEDICINEWISE?

Medicines are part of most people’s lives, so it’s critical to have access to all the information we need about:

- Taking medicines during pregnancy
- Taking medicines while breastfeeding
- How to give medicine to a child in your care
- How to remember what medicines you’re taking
- How much medicine to take and when to take it
- How to store medicines correctly
- How to dispose of unwanted or unused medicines correctly

FIVE STEPS TO BEING MEDICINEWISE

Here are some simple steps you can follow to be medicinewise

1. **Ask questions** of your health professional to get the information you need about medicines or tests, for yourself and any family members you care for, to help you make better informed decisions.

2. **Know it’s a medicine.** Medicines are not only available on prescription – they include over-the-counter medicines from a pharmacy, supermarket or other store, as well as herbal remedies, vitamins and other supplements.

3. **Know the active ingredient.** Active ingredients are what make your medicines work. When your pharmacist offers you an alternative brand of a prescription medicine, it will always have the same active ingredient as the one on your prescription or in the medicine you usually take.

4. **Always follow instructions** from your doctor or pharmacist and read the labels and packaging of your medicines carefully. For more detailed information, read the Consumer Medicine Information leaflet which is available for prescription and some pharmacist-only medicines.

5. **Keep track of all your medicines.** Use our MedicineWise smartphone app, so your medicine list is always with you in your phone or write a paper medicines list and store it in your wallet or handbag. Keep your medicines list with you, especially on visits to your doctor, pharmacist or the hospital.

BE MEDICINEWISE WEEK

We all take medicines, but too often we take them for granted. That’s why it’s important to be medicinewise.

For 8 years, Be Medicinewise Week has been encouraging Australians to make good decisions about medicines, medical tests and other health choices.

BE MEDICINEWISE 20 - 26 AUGUST WEEK 2018