

## Medication Safety Tips

### While you are in hospital:

- You can ask the staff to explain your medicine before you take it
- If you are worried or have questions about your medicines or side effects, please ask
- Your family or whanau can ask questions about your medicines for you

### Before you go home from hospital, make sure you understand:

- The medicine you have been prescribed and why you need to take them
- Any changes that have been made to your medicines
- When and how to take the medicine
- What the important side effects to look out for are

### At Home you should:

- Keep all medicines out of reach and out of sight of children
- Follow all of the instructions on the medicine labels. Ask your pharmacist if you have any questions

### Did you know...

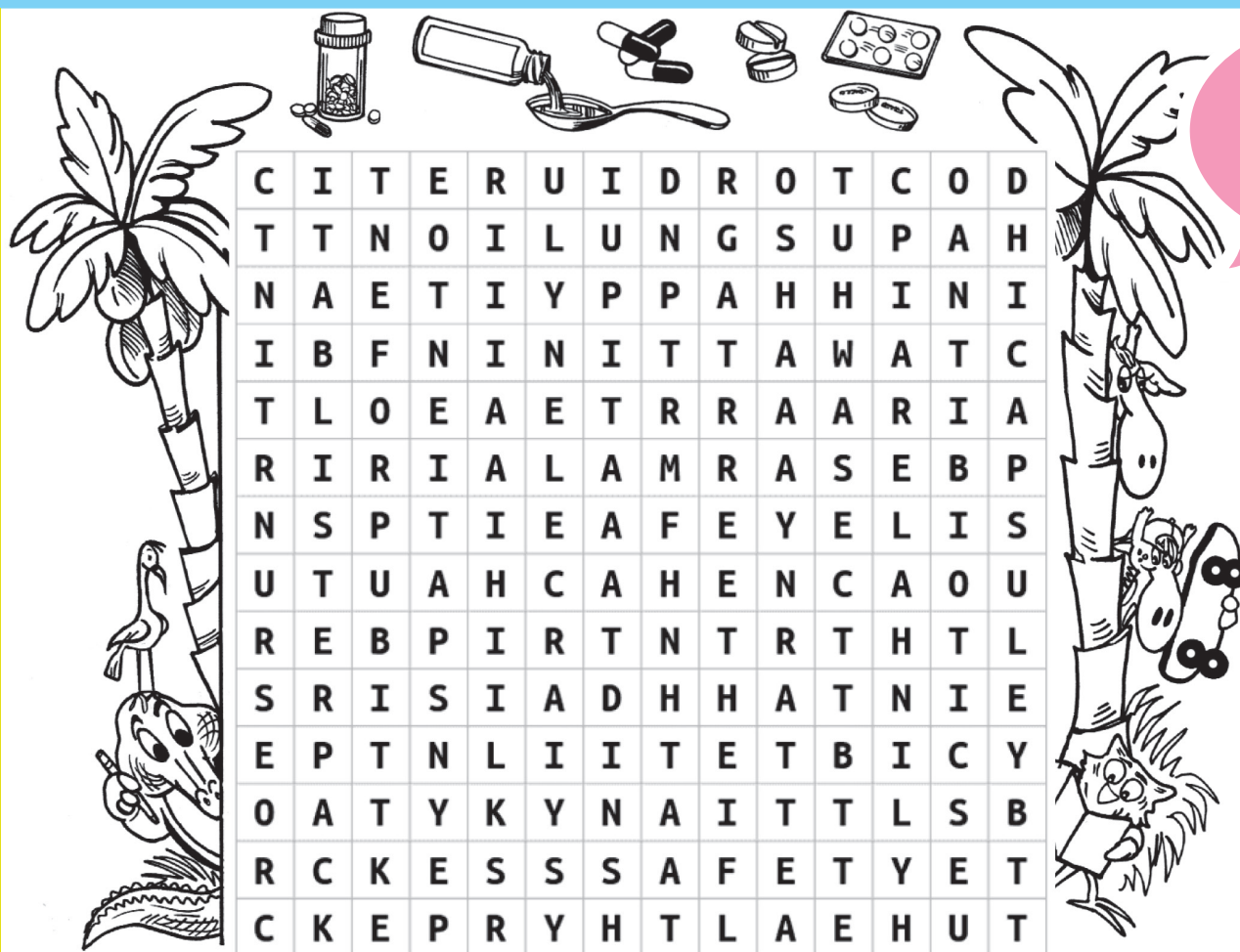
- It is dangerous to take other people's medicines as they may not be suitable for you
- You can return unwanted and expired medicines to your local pharmacy for free and safe disposal
- You can ask your pharmacist to package your medicine into daily blister packs for you

### Quick Quiz

- "What is the name of the medicine that originates from the bark of the willow tree?"
- "What medication was discovered from the plant foxglove in the 1700s?"
- "What is the rosy periwinkle plant, found in Madagascar, used in the treatment of?"
- "What medicine was discovered following a set of mysterious deaths in cattle in the Northern United States and Canada in the early 1920s?"

# MEDICATION SAFETY

If you have any questions about your medicines at any time, ask your pharmacist, doctor, nurse or midwife



## Word find...

TABLET  
HEALTHY  
DOCTOR  
OINTMENT  
KIDNEYS  
IBUPROFEN  
DIURETIC  
BLISTER PACK  
INHALER  
SAFETY  
ANTIBIOTICS  
CAPSULE  
NURSE  
PHARMACIST  
WARFARIN  
HAPPY  
HEART  
PATIENT  
LUNGS

Taking medicines?  
Have Questions?  
Please ask.

What is my medicine called?

What is it for?

When and how do I take it?

Do you want to talk to a pharmacist about your medicines?

This photo shows some of the pharmacists who work on the wards with the doctors and nurses to provide the best care for you. They are happy to talk with you about your medicines. If you want to talk to a pharmacist, ask one when they visit your ward or ask your nurse to contact the pharmacist to arrange a visit. Pharmacists are identifiable by their name badges (and they aren't wearing stethoscopes!).



Return any expired and unwanted medicines to your pharmacy for FREE and safe disposal!

By returning expired and unwanted medicines to your local pharmacy, you can make your home a safer place, help safeguard your community and protect the environment.

### It really is easy! All you need to do is...

- Step 1** Sort through your medicines cabinet
- Step 2** Take expired and unwanted medicines to your local pharmacy
- Step 3** Give them to your pharmacist for proper disposal, and...
- Step 4** Tell your friends and relatives about the D.U.M.P Project.

### Information about your medicines

The Health Navigator website [www.healthnavigator.org.nz/](http://www.healthnavigator.org.nz/) is a free, comprehensive health information website. It covers information about medicines, health conditions, healthy living and links to other services.

For free information about prescription medicines used in recovery from mental health and/or addiction problems, visit [www.choiceandmedication.org/Waitemata/](http://www.choiceandmedication.org/Waitemata/).

Quiz answers: 1) Aspirin. 2) Digoxin, used to slow the heart rate. 3) Leukaemia. 4) Warfarin, used today in the prevention and treatment of blood clots.

"everyone matters"

"with compassion"

"connected"

"better, best, brilliant"



**Waitemata**  
District Health Board

Best Care for Everyone