My medicines list

Name: Allergies:

Date: GP's Name: Usual pharmacy:

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My prescription medicines including puffers, creams and drops.

Medicine name(s)	Strength	Medication times & dose					What is it for?	Questions and comments
		Waking	B/fast	Lunch	Dinner	Bed		

Talk with your doctor, nurse or pharmacist before stopping any medicines. Copy this sheet if you need a second page or download one from **www.hn.org.nz/takecharge**

Herbal remedies, supplements, vitamins or rongoā therapies can interact with some medicines you are taking so it's important to let your doctor or pharmacist know if you are using them.

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Herbal remedies, supplements, vitamins or rongoā therapies.

Name(s)	How many I take	When I take it	Why I take this	Other information

Talk with your doctor, nurse or pharmacist before stopping any medicines. Copy this sheet if you need a second page or download one from **www.hn.org.nz/takecharge**