

# Help with your medicines is available



## Ask your pharmacist for advice

- Do you take lots of different medicines?
- Do you suffer from an ongoing health condition?
- Do you have trouble remembering to take your medicine(s) at the right time and on the right day?
- Do you take warfarin?
- Would you like to understand more about your medicines and how they work?

If you answered yes to one or more of these questions then take the time to talk to your pharmacist about how they may be able to help you.

### Blister-packs

Taking your medicines at the right time and on the right day, especially if you take more than one medicine, may be as simple as asking the pharmacist to blister-pack them for you. The blister-pack holds all the medicines to be taken at a certain time, with a reminder of time and day. You can tear off blisters to take with you if you are away from home.

### Advanced medicines services

Many pharmacists now offer a range of advanced services which will involve you sitting down with them and discussing your medicines in detail.

Depending on your needs, the time may focus on helping you to take your medicines at the right time and on the right day. Or it may focus on more complicated issues such as any side effects you are experiencing and if the medicines you are taking are the best for you.

The pharmacist may be able to make suggestions to your prescriber about changing some medicines to manage your condition better or reduce side effects.

### Warfarin testing service

There is also a special service offered in many pharmacies if you are taking warfarin. This is a high-risk medicine and it is important that levels in your blood are carefully monitored to keep you safe and ensure the medicine is working. Your pharmacist can do a simple, painless test using a drop of blood from your finger to make suggestions about the amount of warfarin you should take.

Not all pharmacists offer all of these services but they should be able to refer you to someone in your local area who can help.

**Make 2015 the year to take control of your medicines and get on track to better health.**

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