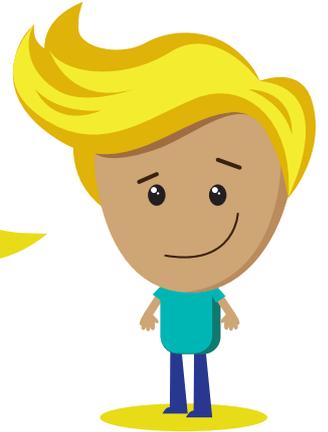


Let's Talk

Medicines

QUIZ

Place your completed form in the entry box to be in to win a Huawei smart phone and loads of other great prizes!



NAME: PHONE:

1. It's ok to share prescription medicines with your family/friends.

True False

2. You can use a teaspoon to measure a dose of liquid medicine.

True False

3. The best place to store medicines is on a shelf in the bathroom.

True False

4. I can wash my medicines down with a glass of wine or beer.

True False

5. Antibiotics will not help a common cold.

True False

6. You can take paracetamol and ibuprofen together.

True False

7. If you miss a dose of medicine then it's ok to double up on the next dose.

True False

8. It's ok to use medicines after the expiry date has passed.

True False

9. It is best to go to one pharmacy to collect your prescription medicines.

True False

10. The best place to store refrigerated medicines is in the fridge door.

True False

Let's Talk Medicines QUIZ

TRUE OR FALSE?



1. It's OK to share prescription medicines with your family/friends

ANSWER: FALSE

This can be a common mistake when you're trying to help someone experiencing pain or another health problem. Keep in mind that your medicines have been specially chosen for you and that you have no idea how your medication might react in someone else's body. They may be taking other medicines already and your medicine might conflict/interact with that.

Also the person you are trying to help may have other health problems or allergies that make your medicines either unsuitable or unsafe for them to take. It is actually illegal to give prescription medicines to another person and you could be partially responsible for whatever happens to them.

2. I can use a teaspoon to measure a dose of liquid medicine.

ANSWER: FALSE

Domestic teaspoons aren't very accurate as they can vary in volume from 2.5ml to 7.5ml), whereas a medicine teaspoon is exactly 5ml. Using a domestic teaspoon can lead to taking a significantly incorrect dose (either too much or too little medication).

There have been cases of children experiencing significant harm from the use of inaccurate measures.

Smart solution: Whenever you collect a liquid medicine from your pharmacy always make sure you have something accurate to measure it with. Some medicines come with a measuring device, but if this is not the case and you don't have a measure, ask for one.

Also check the markings on the measure to make sure you can read them clearly and that you can interpret what they mean. Always double check the volume of the dose before administering it. It's a good idea to store your measuring device with your liquid medicine so you can always find it when you need to use it.

If you can no longer read the markings on the measure; or if you lose the measuring device, ask your pharmacist for a replacement.

3. The best place to store medicines is on a shelf in the bathroom.

ANSWER: FALSE

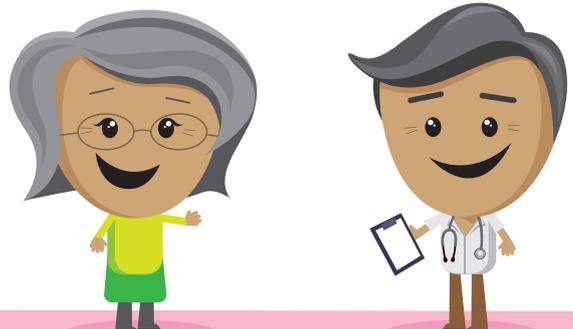
It is very important to store medicines properly, both for the integrity of the medicine and the safety of people and animals. Medicines degrade faster if exposed to heat, light or moisture. Bathrooms and certain areas of the kitchen (e.g. above the oven or the electric jug) can expose the medicine to too much moisture and to extreme temperatures, making them degrade. Medicines should be stored below 25 degrees Celsius to preserve their integrity until the expiry date on the pack.

Exposure to excessive light (e.g. on a window sill) also harms medicines even if they are in a coloured bottle. Storing medicines in plain sight (even up high) makes them more accessible and enticing to children and pets. The best place to store medicines is in a cool, dark, dry place) out of the reach and sight of children.

4. I can wash my medicines down with a glass of wine or beer?

ANSWER: FALSE

Taking certain antibiotics with alcohol can cause headaches, nausea and a rapid heart rate. Mixing alcohol and numerous other medicines may significantly impair your ability to operate machinery/vehicles. You can be charged with dangerous driving if your driving is considered to be impaired by the effects of medicine, including prescribed medicines – so make sure that you know how a medicine affects you before you drive.



5. Antibiotics will not help a common cold.

ANSWER: TRUE

The poster child for the 'wrong-medicine-for-the-condition' mistake is taking antibiotics for viral illnesses like a cold or the flu. Antibiotics will not help you recover faster from a cold or flu – they only work on susceptible bacteria. Not viruses.

Taking antibiotics when you don't need it contributes to the development of resistant bacteria—and that can increase the likelihood that an antibiotic won't work when you really do need it!

Smart Solution: Get the influenza vaccine annually to help protect yourself and those around you from getting sick. If you have a cold or the flu, get plenty of rest and drink clear fluids. Ease pain and reduce fever with paracetamol. To soothe a sore throat, gargle with salt water, drink warm beverages, or eat or drink something cool.

6. You can take paracetamol and ibuprofen at the same time.

ANSWER: TRUE

Yes, if these medicines are suitable for you then it is OK to take paracetamol and ibuprofen at the same time as there are no known harmful interactions between these medicines. Please note that some people (e.g. asthmatics, those with a history of stomach ulcers or kidney problems) should not take ibuprofen. Also, ibuprofen must be taken with food and a large glass of water.

7. If you miss a dose of medicine then it's ok to double up on the next dose.

ANSWER: FALSE

If you miss a dose of medicine DO NOT double up on the next dose. Take the missed dose as soon as you remember (unless it is close to the time of the next dose) and then continue on as normal. Taking a double dose of medicines may mean that you are getting too much medicine at one time and could lead to toxic effects of the medicine.

If you are unsure as to what to do regarding a missed dose or having trouble remembering to take your medicine at the appropriate time talk to your pharmacist – they can provide advice and help you brainstorm ways to help.

8. It's OK to use medicines after their expiry date has passed.

ANSWER: FALSE

Medicines are given an expiry date based on tests of the effectiveness of the medicine. After the expiry date the medicines effectiveness is reduced and it can even degrade into toxic compounds. This means taking a medicine after its expiry date may either not work or have unintended negative consequences!

Medicines that are expired or still in date but are no longer needed should be returned to your pharmacy for appropriate disposal as they can pose a safety risk to children and animals.

Taranaki DHB has an environmentally responsible disposal program which you can access for free! All you need to do is return any medicines you are no longer using to your pharmacy and they will do the rest.

9. It is best to go to one pharmacy to collect your prescription medicines.

ANSWER: TRUE

Community pharmacy computer records are not linked so while you can choose which community pharmacy you use, it is best to collect your prescription medicines from just one pharmacy.

If you have to visit another pharmacy for a prescription (e.g. because your pharmacy is closed), take your receipt to your usual pharmacy so they can add that item to your prescription record.

10. The best place to store refrigerated medicines is in the fridge door.

ANSWER: FALSE

Medicines that require refrigeration should be stored inside another container in the main body of the fridge. Keep these medications out of the door and the back of the fridge to avoid temperature fluctuations and reduces the risk of the medication freezing.

