

## Medicines are an important part of your treatment or symptom management:

You may be taking a lot of medicines and it can be hard to remember what each medicine is for and when to take it.

The same medicines can have different Names which can be confusing.

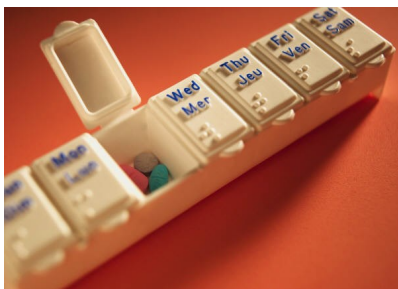
Some medicines may not suit you and it is helpful to know what to do if this happens.

## How can we help?

At Arohanui Hospice, we have a team of doctors, nurses and pharmacists who can help you with your medicines.

Our Hospice Pharmacist is available to talk to you about your medicines - this can be in your home or at the hospice.

We can work with your GP and their practice nurse if they have questions.



## What sort of questions might you have?

- Why do I need all these medicines?
- What does each one do?
- What do I do if I forget to take my medicines or take them at the wrong time?
- Do I take them with food?
- What do I do if side effects occur?
- Can I take other medicines with these?
- I can't swallow the big tablets - what should I do?
- What do I do if I don't think they are working properly?

## What will our pharmacist do?

- Listen to your concerns and questions.
- Review your medicines to make sure they all go together and there are no double-ups.
- Make sure you have a "yellow card" which lists all of your medicines. The yellow card tells you when to take each medicine and what each medicine is for. Please ask our pharmacist or your community nurse if you don't already have a card.
- Give you information about your medicines.
- Make a plan with you for the best way to manage your medicines.
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- Make a plan with you for the best way to manage your medicines.
- If you agree, our pharmacist will talk to your community pharmacist who may be able to help with medicine information and support such as blister-packing, cutting tablets in half, delivery of medication to your home or other services.

## Your responsibilities:

- Store your medication safely.
- Make sure you have enough medication on hand (especially to cover weekends and public holidays)
- Return any unused or discontinued medication to your local pharmacy.

### Your Yellow Card is important

- Always take your yellow medication card to doctors' appointments, hospice or hospital visits.
- Ask your doctor or nurse to update your card.
- Always take the card to your community pharmacist - they can make sure that the card matches your prescriptions.

## Can medicine affect my driving?

On 1 November 2009 the Land Transport Amendment Act 2009 came into law to combat drug impaired driving.

An offence occurs if it comes to the attention of the police that the person driving is not safe to do so.

**It is your responsibility to ensure that you are fit to drive and not affected by any drug or medicine**

Medicines that can affect driving include any medicine that may cause:

- Drowsiness / sedation
- vision impairment
- hypotension (low blood pressure)
- hypoglycaemia (low blood sugar)
- dizziness

This list may include some of the symptoms you may experience from medication prescribed for your symptom management.

Your medicine may have a label like the one below attached to the bottle or box. This is a warning that it may not be safe to drive while taking this medicine.

**This medicine may make you sleepy and make it dangerous to drive and operate machinery. Limit alcohol intake.**

**If you have any concerns or questions about your medicines and/or driving please contact Arohanui Hospice**



## Managing your medicines



**Your Hospice Pharmacist can be contacted at:**

### **Arohanui Hospice**

1 Heretaunga Street, Palmerston North 4414  
PO Box 5349, Palmerston North 4441  
Ph 06 356 6606 Fax 06 355 0543  
[www.arohanuihospice.org.nz](http://www.arohanuihospice.org.nz)

This brochure gives advice about how to obtain answers to any questions you may have about your medicines.



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