

My medication

My name is

This medication is called:

(write the name of the medication on this line)

It looks like this:

(Put a photo or draw a picture of the medication in this space)

How to use this workbook

This workbook is for you to fill in with the things you need to know about the medication that you take.

Filling in this workbook

If you have a carer it is important that they know about your medication too. It is a good idea to fill in this workbook together.

You can fill in a workbook for each of the medications that you take every day. You can keep all the workbooks together in a folder or file, or in your Health Action Plan.

If you're not sure about any of the information —

There are lots of ways to find out what you need to know.

You can talk to your **doctor** or your **pharmacist (chemist)**.

You can look at the **Information Sheet** that comes with your medication. You can ask someone to support you to do this.

The **Health & Medicines Information Guide** has lots of useful people you can contact. It is available through the internet at

www.askaboutmedicines.org

Who to contact about this medication

Who can you contact if you have any questions about your medication?

Who prescribes this medication for you? Write their contact details in this box ➡



My medication is prescribed by

Write down any other useful contacts (like a pharmacist or a community nurse) in this box ➡



Other people I can contact

Why I take

(the name of the medication)

Write the answers in the boxes

What do you take this medication for?

How does the medication help you?

Will you need to take this medication for a long time?



What would happen if you stopped taking this medication suddenly?

Problems I might have with _____ (the name of the medication)

Medications can sometimes give you side effects.

This is when the medication gives you problems such as making you feel dizzy or sick or very sleepy.

Do you know what side effects you might get with this medication?



Write the answers in the boxes

Some side effects go away on their own, others are more serious.

Which side effects do you need to tell the doctor about?



Do you think you have had any **side effects** from taking this medication? On this page, write down any problems that you have had and what has been done to help you with them.

I may have had this side effect ...

This is what helped ...

I may have had this side effect ...

This is what helped ...

I may have had this side effect ...

This is what helped ...

How _____ might affect my life
(the name of the medication)

Write the answers in the boxes

Are there any things that you must NOT do when you are taking this medication — like not drinking alcohol, or not getting pregnant?



Do you need to have **blood tests** while you are taking this medication?

Why do you need these tests?

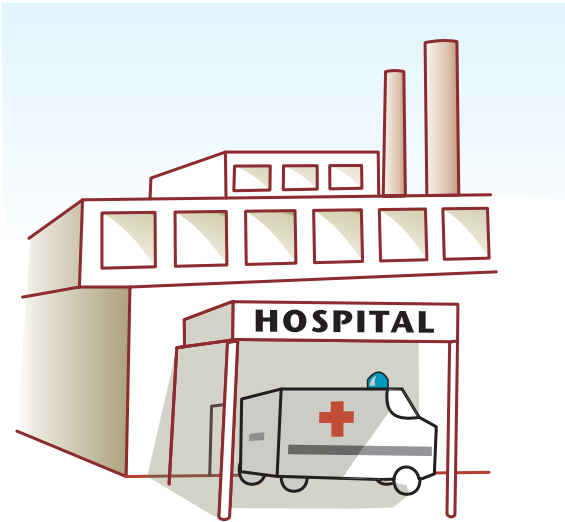
How often are the tests done and where?



How else _____ might affect my life
(the name of the medication)

Write the answers in the boxes

Do you need to go to appointments in hospital sometimes?



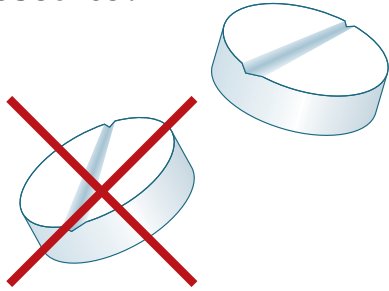
Are there any other ways that taking this medication affects your life?

What to do if I take too much or too little

(the name of the medication)

Write the answers in the boxes

What should you or your carer do if you take more of this medication than you are supposed to?



What should you or your carer do if you forget to take your medication?



What if my _____ runs out?
(the name of the medication)

Write the answers in the boxes

What should you or your carer do if the medication runs out?



A large rectangular area with a light beige background and a thin yellow border. It contains ten horizontal blue lines for writing answers.

Reviews

When you take medication you need to make sure you have regular reviews. A review is a chance for you and your doctor to check that the medication is working well for you. Or you might have a review with a nurse or pharmacist.



Use the space on this page to write down what you want talk about at your next medication review.

Things I want to talk or ask about at my next review

Use the space on this page to write down what you talked about at your medication review, and what happened at the review.

Date of the review:

Name of the person I saw:

What is his or her job?
(such as Doctor, Nurse, Pharmacist)

Who else was there?

Things we talked about at the review:

Carry on writing on the next page

More things we talked about at the review:

Things we agreed:

When will the medication be reviewed again?

This workbook has been produced by the Medication Matters project. The Medication Matters project was a research project carried out by the Norah Fry Research Centre, University of Bristol, in partnership with Home Farm Trust and Aspects and Milestones Trust between July 2002 and September 2004. It was funded by the Community Fund. You can read more about the research at:

www.bris.ac.uk/Depts/NorahFry/medicationmatters

The research team talked to people with learning difficulties who were taking psychotropic medication. This is medication that people are sometimes given to help them with their moods, their thoughts or their behaviour.

We asked people what it was like to be taking psychotropic medication. We also asked people what they knew about their medication and what things they thought other people taking medication should be told.

We also talked to carers and doctors about what information people need to make choices about taking medication.

'**My Medication**' is a place for people to write down all the things they need to know about each medication they take. Another workbook called '**All My Medications**' is a place for people to write a list of all the medications they take.

Another workbook, '**How to make choices about taking medication**' helps people to think about making decisions about taking medication.

This is the first version of this workbook. It was produced in April 2005. We would like to know what you think of it and whether we can make it better. If you have any comments, please tell us.

Visit the Medicines Partnership website:

www.medicines-partnership.org/patients-and-public/learning-disability

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