

Getting the best from your medicines



NICE has developed a guideline to advise your doctor, nurse or pharmacist how they can help you make decisions about your medicines

If you decide not to take a medicine tell your doctor - they can support you and explain how this could affect you

Almost everyone is prescribed a medicine at some time

Would you like to get the full benefit from your treatment?

If the answer is YES, then get involved in decisions about your medicines

Before you decide to start or carry on using a medicine

Your doctor, nurse or pharmacist can help you:

- understand what the treatment is and how long you need to use it
- understand the benefits of the treatment
- manage any side effects
- change your medicines if you need to
- talk about your worries about your medicines or treatment
- fit medicines into your lifestyle

They can also advise you how to get help with prescription costs, if this is a problem

**Discuss your medicines
with your doctor, nurse or pharmacist**

REPEAT PRESCRIPTION? ONLY ORDER WHAT YOU NEED

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