

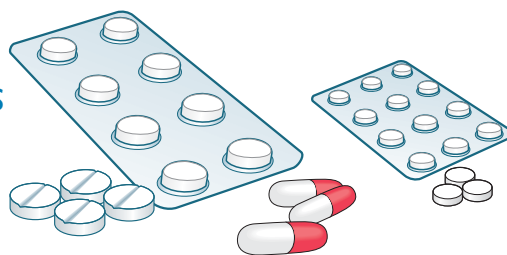
All my medications

My name is _____

This workbook has information about all the medications I am taking or using.

Medication can mean many things —

tablets or pills
or capsules



creams or ointments



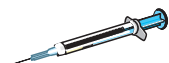
patches



liquid medicines



injections



How to use this workbook

This workbook is for you to fill in with a list of all the medications that you take.

Filling in this workbook

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

You could keep this workbook in your Health Action Plan.

The first thing in this workbook is a place for you to write information about **people to contact** if you want to ask questions about your medications.

Next, there is a **chart** where you can write down the names of every medication that you take.

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 Sheets** that come with your medications. 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 medications

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

Who prescribes your medications? Write their contact details in this box ➡



My medications are prescribed by

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





Other people I can contact

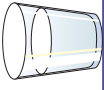

All my medications

Use this chart to write down information about all the medications that you take. You can carry on writing on the next page.

For each medication, write how much you take and when. You should also say how you need to take it (like with a drink of water, or before food).

Some medications need to be kept in a fridge or away from sunlight. Write down where you keep yours.

Name of the medication	What I call it	How much to take, when				How to take it 	Where to keep it 
		Breakfast	Lunch	Evening meal	Bed time		

Name of the medication	What I call it	How much to take, when				How to take it 	Where to keep it 
		Breakfast	Lunch	Evening meal	Bed time		

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 that 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.

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

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 our website:

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

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