

CHECKLIST FOR USING MEDICINE

1. Evaluate the need for medicine

- Can I alleviate my symptoms by some other means?
- You do not have to make this evaluation for medicines prescribed to be taken regularly every day.

2. Decide what medicine to take

Selection of the medicine

- Has my doctor or pharmacist recommended a specific medicine to me for the ailment in question?
- What kind of experiences do I have in the medicinal treatment of the ailment?
- Have I already taken some other medicine?

The suitability of the medicine for me

- Is the medicine suitable for my symptoms?
- Is the medicine suitable for someone of my age?
- Is there any reason why I cannot take the medicine?
- What kinds of adverse reactions could the medicine possibly have?
- Has the medicine not expired yet, i.e., can the medicine still be used?

3. Take the medicine from its storage location

- Medicines are usually stored in room temperature in a medicine cabinet, while some are stored in a fridge.
- You can check the correct storage location of the medicine from the package and the package leaflet. If there is no mention, the product does not require any special storage conditions.

4. Read the instructions for use

- The instructions for use of an over-the-counter medicine are printed on the package, and the instructions for use of a medicine prescribed by a doctor are attached to the package in the pharmacy.

5. Take a correct amount of the medicine

- Take the amount of medicine specified in the instructions, for example, by counting the right number of tablets or pouring the correct amount into a dosage cup.

6. Take the medicine in the correct way

- Take the medicine according to its pharmaceutical form, for example, by swallowing, dropping it into your eye, or by inhaling it into your lungs.
- Is there anything else you should take into consideration? For example, should you take the medicine during a meal, or can the tablet be halved or crushed?

7. Return the medicine back to its correct storage location

8. Write down the time you took the medicine so that you can check it later, if necessary

9. Monitor the effects of the medicine

- Monitor whether the medicine helps in the desired way
- Also monitor if you get any adverse reactions from the medicine

10. Decide when to stop taking the medicine

- Stop using medicine taken as required once you get relief from the ailment.
- Complete the entire course of medicine.
- Ask for advice from a doctor or pharmacist if you get disturbing adverse reactions from the medicine.
- Do not stop using medicine intended for long-term use without first consulting your doctor.

The checklist for using medicine was modelled after the instructions of the United States Pharmacopeia, www.usp.org