



Central Coast  
Local Health District

## Healthy Bites Episode 30 – Medications list

Hi, my name is Mikie, and I'm a pharmacist at Central Coast Health.

Medication safety is important as we age, as for many people the number of medications prescribed increases. There's also lots of research that tells us medicine type, number and combination can really increase your risk of falling.

A medication list can be a useful way to keep all the information about your medicines together.

This is really useful as the more medicines you take, the more difficult it can be to remember important information about each one, such as dose, especially in an emergency.

You can use a medicines list to record:

- all the medicines you use, including prescription, non-prescription, over the counter, minerals, herbal and natural medicines
- what each medicine is for
- how much of each medicine to use
- and when and how to use each medicine.

So, for a useful way to keep all the information about your medicines together, ask your local pharmacy for a medication list to complete, or search "medicines list" on the internet to find one you can print.