MEDICINES

When your medicine's running short

Work down the list a week before each repeat is due. Tick as you go.

- [ ] 01 **Days of medicine counted**
  Write down the date you'll run out.
- [ ] 02 **Repeat ordered early**
  About 5 working days ahead.
- [ ] 03 **Pharmacy number written down**
  On paper as well as the phone.
- [ ] 04 **Medicines list written**
  Name, dose, times, allergies.
- [ ] 05 **Two in-date auto-injectors**
  Check the window is clear.
- [ ] 06 **Spare hearing aid batteries**
  Free from your NHS service.
- [ ] 07 **Spare insulin below 25°C**
  Ideally in the fridge.
- [ ] 08 **Priority Services Register joined**
  If your kit needs power.
- [ ] 09 **Run out? 111 or the pharmacist**
  Take the empty box with you.

> **Don't change a dose on your own.** Ask your pharmacist or doctor first.

OUR PHARMACY AND ITS NUMBER

OUR GP SURGERY AND ITS NUMBER

EACH MEDICINE AND ITS DOSE

WHEN EACH REPEAT IS DUE