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media release

Remember to fill your scripts before Christmas

Community members have been issued with a timely reminder to fill their scripts before the whirlwind of Christmas activities begins.

With a number of public holidays linked to Christmas and New Year, HNE Health recommends people fill and collect prescriptions before Tuesday, 21 December 2010.

McIntyre Cluster General Manager, Maree Bacigalupo, said being prepared ahead of time will enable community members to enjoy the holiday period with family and friends, without the worry of missing essential medications.

“Christmas is a busy time for everyone, and being organised and dropping-off scripts early allows pharmacists ample time to fill orders. It also means people can collect their medications in advance and avoid worrying about last-minute refills in the middle of their holiday,” Ms Bacigalupo said.

“People planning to travel during the holidays should have ample medication and an up-to-date copy of relevant prescriptions with them before they leave home.

“If you are visiting loved ones during the holidays, you might ask a family member or friend to remind you to take your medications whenever necessary. It’s easy to slip out of your routine when you are embracing the best of Christmas cheer!”

Tips for remembering to take your medication while on holidays:

- Develop a daily routine for taking your medications. Pick something you do everyday – such as waking, brushing your teeth, eating meals, bedtime and plan your medication schedule around that activity.
- Use a medication checklist or worksheet to record when you take medications. Place the checklist someplace visible to use as a reminder. Children may enjoy using stars or stickers.
- Pill boxes can help you remember to take your medications. By packing a day or a week’s worth of medication you will know if you took your medication or not. However, once the medication leaves the original bottle, it loses its identification and instruction label. You may want to have someone double-check your pill box to make sure it is packed correctly.

It is also important to remember to store your medicines in child-proof containers, out of reach of children.

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