

# Manage Your Medicines

Did you know that some medications may increase the risk of a fall injury?

If you start taking a new medicine, change to a new brand, take multiple medicines or change your normal dose, the chance of experiencing side effects increases.

Did you know that certain over the counter medications may react with your prescription medicines?

If your doctor thinks it necessary a home medicine review will be ordered.

## Falls are Preventable



### What Can You Do?

Do not take anyone else's prescribed medication.

Read medication labels in good light and follow the instructions carefully.

Do not use out of date medications, return them to your pharmacist.

Talk to your doctor or pharmacist if you are concerned about any of your medications.

For more information on how to avoid a fall, go to [www.healthpromotion.com.au](http://www.healthpromotion.com.au) or ring the Central Coast or Ryde Health Promotion Unit.

**Phone: 1800 059 561**