

# KNOW...

## YOUR MEDICINE

**KNOW** the name of your medicine and why you are taking the medicine

**KNOW** when you must take your medicine and the right time of day to take the medicine

**KNOW** if you must avoid certain medicines/ food/ alcohol when taking your medicine

**KNOW** if you must finish the course of your medicine or if you only take the medicine when required

**KNOW** that all medicines have an expiry date: after this time the medicine may lose its potency or even be dangerous to take

**KNOW** that some medicines can have unwanted consequences (side effects) – tell your doctor / pharmacist if you feel nauseous/ develop a cough or rash

**KNOW** if you must take your medicine after meals or on an empty stomach

**KNOW** if this new medicine will interact with any other medicine/ herbal / traditional medicine you are taking

*When visiting your doctor / hospital, please bring along all your medication you are taking including over the counter medication and any herbal remedies*

*Ensure to advise your doctor and nurse on the dosage that you have been advised to take for your medication that you bought with you and any side effects, you may be experiencing*

## WHAT YOU SHOULD NOT DO

**DO NOT** give your medicine to family or friends – it may harm them

**DO NOT** stop taking medicines when you start to feel better if you are supposed to take the medicine every day or complete the course

**DO NOT** take medicines whilst you are pregnant without making sure they are safe to use

**DO NOT** take your medicines with grapefruit juice – this makes some medicine ineffective

**Ask your pharmacist they will ensure you understand your medicine**

## Our Hospitals

### GAUTENG

Ahmed Kathrada Private Hospital  
Daxina Private Hospital  
Randfontein Private Hospital  
Zamokuhle Private Hospital

### KWAZULU-NATAL

Ethekwini Hospital and Heart Centre  
Howick Private Hospital  
La Verna Private Hospital  
Shifa Private Hospital

### NORTH WEST

Daleside Day Hospital  
MooiMed Private Hospital  
Parkmed Neuro Clinic  
Sunningdale Hospital  
Wilmed Park Hospital

### NORTHERN CAPE

Kathu Private Hospital  
Royal Hospital and Heart Centre

### INTERNATIONAL

Beira Private Hospital  
Bokamoso Private Hospital  
Maputo Private Hospital  
The Bank Hospital – Ghana

SCAN FOR HOSPITAL CONTACT DETAILS



## Head Office

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# KNOW...

## HOW TO STORE YOUR MEDICINE

**KNOW** that you must store your medicine in a safe place out of reach of children

**KNOW** that certain medicines must be stored in the fridge otherwise they become ineffective

**KNOW** that some medicines are adversely affected by light

## WHAT YOU SHOULD NOT DO

**DO NOT** store your medicine where they can be reached by children

**DO NOT** store your medicines in a bathroom cabinet or in a kitchen cupboard near the kettle – the steam may destroy the medicine

**DO NOT** store your medicines in a damp place

**Ask your pharmacist – they will ensure you store your medicine correctly**

*Do not store your medicines where they can be reached by children*



*Your pharmacist will ensure that your medicines are disposed of safely*

# KNOW...

## HOW TO DISPOSE OF MEDICINE SAFELY

**KNOW** that you must get rid of medicine once it has expired or you have been prescribed new medicines

## WHAT YOU SHOULD NOT DO

**DO NOT** throw old or unwanted medicine in the rubbish – children may find this, take it and become ill or be poisoned

**DO NOT** flush old or unwanted medicine down the toilet or the drain – this pollutes the municipal water system

# KNOW...

## ABOUT GENERIC MEDICINES

**KNOW** that generic medicines have the same active ingredient, dosage form and strength as the brand name

**KNOW** that generic medicines are cheaper, and thus are cost effective

**KNOW** that generic medicines are safe and have been approved by the Medicines Control Council

**KNOW** that generic medicines are of a good quality

**Ask your pharmacist about generic medicines**

# KNOW...

## ABOUT ANTIBIOTICS

**KNOW** that antibiotics are used to treat an infection

**KNOW** that you must always complete a course of antibiotics, even if you start to feel better

**KNOW** that bacteria can develop resistance to antibiotics so that in time the antibiotics become less effective

**KNOW** that certain antibiotics interact with contraceptives which may lead to an unwanted pregnancy

## WHAT YOU SHOULD NOT DO

**DO NOT** stop taking antibiotics because they make you feel ill

**DO NOT** take the antibiotics irregularly – they must be taken as the doctor directed



*Ask your pharmacist about the correct use of antibiotics*