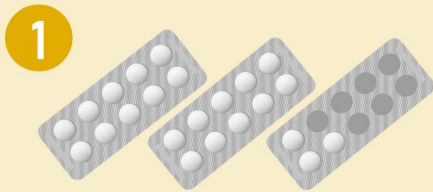




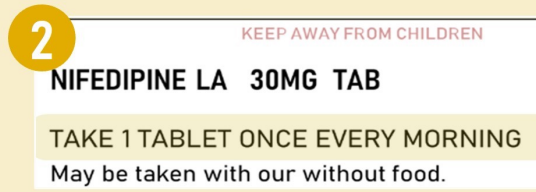
KNOW If You Have Enough Medication

- 1 COUNT YOUR MEDICATIONS**
Group the same medication together according to their **name** and **strength**
- 2 FIND OUT HOW MANY TABLETS YOU NEED DAILY**
This information can be found on your **medication label**
- 3 COUNT THE NUMBER OF DAYS UNTIL NEXT APPOINTMENT**
Keep track of your **appointments** to know if you have enough medication
- 4 DETERMINE IF YOU HAVE ENOUGH MEDICATION**
Count amount needed until **next** appointment

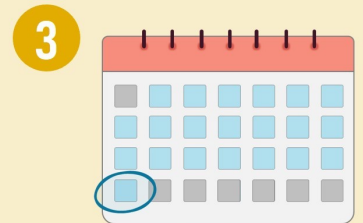
EXAMPLE



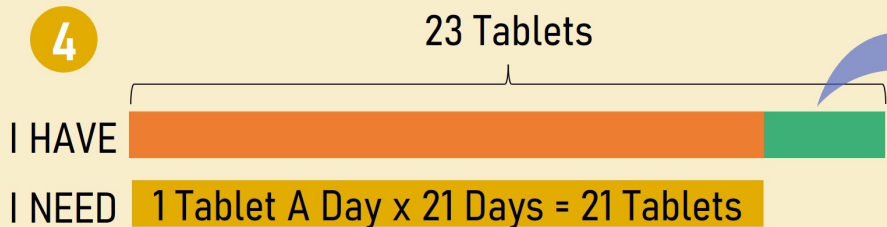
I have **23 tablets left**



I need **1 tablet a day**



There are **21 days** until my next appointment



I have **enough** medications until my next appointment!



Always collect enough of your regular medication



Talk to your doctor or pharmacist **EARLY** before you run out of medication
If you already have plenty, let your pharmacist know if you prefer to **collect these medication another time**



Learn basic skills to manage medications
moh.gov.sg/knowyourmeds



A National Pharmacy Strategy initiative
go.gov.sg/nps



In Collaboration with Pharmaceutical Society of Singapore



MINISTRY OF HEALTH SINGAPORE