

## Common Medicines

- Always follow the prescriber's directions and clarify with them (or the supplying pharmacy) if there are any queries
- Safe, secure storage of all medicines is essential. Most medicines should be stored  $\leq 25^{\circ}\text{C}$  or between  $2^{\circ}\text{C}$  -  $8^{\circ}\text{C}$  for fridge lines.
- Ensure "opened on" dates are recorded on creams, liquids, drops etc. and observe **discard dates**.
- For up-to-date medication leaflets, please visit [www.medicines.org.uk](http://www.medicines.org.uk) >select medicine > Patient information leaflets

Medication	Common Uses	Administration Advice / Cautions / Notes
Adcal D3 (calcium + vitamin D)	To strengthen bones	Do not take at the same time as Alendronic acid
Alendronic acid	Delay/treat osteoporosis or Paget's disease	Take in the morning at least 30 minutes before food or other medicines. Take with plenty of water. Do not lie down for 30 minutes.
Amlodipine	High blood pressure/chest pain (angina)	May cause ankle swelling/headache. Take at the same time each day. Avoid grapefruit
Amitriptyline	Low mood/depression/IBS/migraine (muscle relaxant)	May cause drowsiness
Amoxicillin	Antibiotic - to treat bacterial infections	Complete the course and take at regularly spaced intervals
Aspirin	Pain/arthritis. Lower chance of heart attack/stroke	Take with or after food
Atenolol	High blood pressure/chest pain (angina)/heart disease	
Atorvastatin	Heart attack/stroke. Lowers cholesterol	Avoid grapefruit juice
Bisoprolol	High blood pressure/to regulate heart rate	
Citalopram	Anxiety/depression/panic attacks	
Clopidogrel	Lower chance of heart attack/stroke. Lower chance of blood clots	
Co-amoxiclav	Antibiotic - to treat bacterial infections	Complete the course and take at regularly spaced intervals
Diclofenac	Inflammation/pain/fever. Arthritis/gout attacks	Take with or after food/milk
Digoxin	Heart failure/to regulate heart rate	
Fentanyl	Severe pain	May cause drowsiness
Ferrous sulphate (iron)	Treat/prevent low iron (anaemia)	Can cause black faeces
Flucloxacillin	Antibiotic - to treat bacterial infections	Take 30-60 minutes before food. Complete the course and take at regularly spaced intervals
Folic acid	To treat anaemia/folate deficiency. Prevent methotrexate side-effects	
Furosemide	To get rid of extra fluid	Usually taken in the morning. If second dose prescribed, not after 2pm
Gabapentin	Epilepsy/seizures. Long lasting pain caused by nerve damage	Do not take within 2 hours of antacids. May cause drowsiness
Gliclazide	Lowers blood sugar in diabetes	Take with food
Ibuprofen	Inflammation/pain/fever. Arthritis/gout attacks	Take with or after food/milk
Lactulose	Constipation	Ensure plenty of regular fluids during the day
Lansoprazole	Gastric reflux/indigestion/stomach ulcers	Take 30-60 minutes before food

Medication	Common Uses	Administration Advice / Cautions / Notes
Levothyroxine	Thyroid supplement	Take in the morning at least 30 minutes before food, caffeine, antacids, calcium, iron or other medicines.
Losartan	High blood pressure/heart failure. Protects kidney function in diabetes	
Metformin	Lowers blood sugar in diabetes	Take with meals
Metoclopramide	Nausea/vomiting	Usually when required; max 10mg up to three times daily
Mirtazapine	Depression	Usually taken at night
Naproxen	Inflammation/pain/fever. Arthritis/ankylosing spondylitis/gout attacks	Take with or after food/milk
Omeprazole	Gastric reflux/indigestion/stomach ulcers	Take before meals
Paracetamol	Pain/fever	Regularly or when required. For 500mg tablets - never more than 2 at a time, minimum interval 4 hours and no more than 8 tablets in 24 hours.
Pregabalin	Fibromyalgia/Seizures/Nerve pain	May cause drowsiness.
Ramipril	High blood pressure/heart failure. Protects kidney function	
Senna	Constipation	
Sertraline	Depression/panic attacks	
Simvastatin	Lowers cholesterol/triglycerides. Lower chance of heart attack/stroke	Take in the evening. Avoid grapefruit products
Tramadol	Moderate-severe pain	May cause drowsiness.
Trimethoprim	Antibiotic - to treat/prevent bacterial infections	Complete the course and take at regularly spaced intervals
Ventolin Inhaler (Salbutamol)	Asthma/bronchospasm	Inhale - shake well before use
Warfarin	Treatment/prevention of blood clots. Lower risk of heart attack/stroke	Usually taken in the evening. Follow latest blood test results. Leaflet/yellow booklet contains vital information including cautions with other medication/food/drinks.