

## Medication uses and administration/notes & cautions

Name	Uses	Administration/notes & cautions
<b>Alendronic acid</b>	Delay/treat osteoporosis Paget's disease	Do not lay down for 30 minutes. Take at least 30 minutes before food or other medicines. Morning dose before food with plenty of water
<b>Amlodipine</b>	High blood pressure Chest pain/ pressure	Same time of day
<b>Amitriptyline</b>	Low mood/depression/IBS/ migrane (muscle relaxant)	
<b>Amoxicillin</b>	Treatment of bacterial infections	Antibiotic - complete course and take at regular spaced intervals
<b>Aspirin</b>	Pain/arthritis/lower chance of heart attack/stroke	Take with or after food
<b>Atorvastatin</b>	Heart attack/stroke/lowers cholesterol	Avoid grapefruit juice
<b>Bisoprolol</b>	High blood pressure	
<b>Clopidogrel</b>	Heart attack/stroke	
<b>Ferrous sulphate</b>	Treat/prevent low iron	
<b>Folic acid</b>	Treat anaemia, folate deficiency & prevent methotrexate side-effects	
<b>Furosemide</b>	To get rid of extra fluid/high blood pressure	Usually taken in the morning
<b>Gabapentin</b>	Epilepsy Long lasting pain caused by damage to the nerves	Do not take within 2 hours of antacids. May cause drowsiness.
<b>Gliclazide</b>	Lowers blood sugar in diabetes	Take with food
<b>Lansoprazole</b>	Gastric reflux and stomach ulcers	Take 30-60 minutes before food
<b>Levothyroxine</b>	Thyroid supplement	Usually take before breakfast. Avoid taking antacids, calcium or iron products at the same time.

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<b>Losartan</b>	Treatment of high blood pressure Protects kidney function in diabetic patients Prevent strokes	
<b>Metformin</b>	Lowers blood sugar in diabetes	Take with meals
<b>Naproxen</b>	To ease pain, swelling, and fever To treat arthritis, ankylosing spondylitis, gout attacks.	Take with or after food/milk
<b>Omeprazole</b>	Gastric reflux and stomach ulcers	Take before meals
<b>Paracetamol</b>	Ease pain and fever	As and when required. For 500mg tablets - never more than 2 at a time. Minimum interval 4 hours and no more than 8 in 24 hours.
<b>Pregabilin</b>	Fibromyalgia Seizures Nerve pain	May cause drowsiness.
<b>Ramipril</b>	High blood pressure Heart failure Stroke prevention	
<b>Senna</b>	Constipation	
<b>Simvastatin</b>	Lowers cholesterol and triglycerides Heart disease Heart attack/ stroke prevention	Take in the evening. Avoid grapefruit products.
<b>Ventolin Inhaler (Albuterol/ Salbutamol)</b>	Asthma Bronchospasm	Inhale - shake well before use
<b>Warfarin</b>	Treatment of blood clots Prevention blood clots Lower the chance of heart attack and stroke	Take same time of day - usually in the evening. Dose must follow latest blood test results. Leaflet/yellow booklet contains vital information including cautions with other meds and some food/drinks.