

How to synchronise your repeat prescriptions.

What is synchronisation?

The aim is to order all the medication you have on repeat at the same time rather than irregular times throughout the month.

Why synchronise?

It saves time for you, your doctor and your pharmacist. Medication is less likely to be wasted and you are more likely to remember to take it.

When is NOT a good time to synchronise?

If your doctor is in the process of adjusting your medication or starting you on new medication he/she may prescribe smaller amounts of something and it is best to wait for your medication regime to be stable before you synchronise.

Why does repeat medication “go out of sync”?

This happens if medication is packaged in different amounts e.g. 28 v 30 days or if you go into hospital. Sometimes you may stop taking one or more of your medications for a short period.

I sometimes get a “back log” of medication, what shall I do with it?

If you are still prescribed it check the expiry date and if in date use it up and stop ordering on repeat temporarily. If it has expired take it back to the pharmacy. Some people will not need all their medication each month for example pain killers, laxatives, warfarin and inhalers.

Please do not request a prescription if you do not need it.

So how do I synchronise my repeat prescriptions?

Use the form overleaf to tell us how many you currently have of each of your tablets. A “one off” prescription will be issued of the tablets you need to synchronise all your medication to within a day or two.

Please return completed form to reception marked Prescribing Team Glebe

Name:

Date of birth:

Phone number:

Address:

Medication Name	Strength	Dose	How many do you have left?
E.g. Aspirin	75mg	One daily	3

Please return completed form to reception marked Prescribing Team Glebe