



Medications

Transitioning to adult care will mean beginning to manage your own medication routine. Did you know accessing some, or all, of your medications from a local community pharmacy may be possible? This can be helpful if you live or are planning to move a significant distance from your regular hospital. To find out your options contact some local pharmacies directly and ask how they can help. If certain prescriptions are only available from a hospital pharmacy, this may mean you will continue to collect all your medications there. Alternatively, you can choose to split your scripts across multiple pharmacies. Explore what works best for you!

To do:

- ☐ Locate my local community pharmacy (this can be done via a quick search online).
- ☐ Choose a pharmacy that offers me convenience such as one that is close to my work, home, or place of education.
- ☐ Contact the pharmacy to discuss the prescriptions I need, how often I need them and see how they can help.
- ☐ Decide if I will keep my scripts with me or leave them with my pharmacy (if available).
- ☐ Save my pharmacy's contact details somewhere readily accessible.
- ☐ Calculate the cost of my medications each week or month and create a budget if necessary.

Knowledge check!

I know and understand...

- ☐ What medications I need and how often do I need to order them.
- ☐ Why I take each of my medications

and I can communicate this to others such as my GP or community pharmacist.

- ☐ The cost of my medications and how to budget for them.
- ☐ Where I will collect each of my prescriptions and how I will keep track of repeats.
- ☐ What my chosen pharmacy's opening and closing hours are.
- ☐ How I will transport my medications when traveling long distances or on public transport.
- ☐ Where to go for help if I need further assistance or more information.

Everyone has a different strategy for ordering, collecting, and budgeting for their medications. Some individuals find it easiest to retain their scripts with them at home and keep track of their repeats independently, while others prefer to keep their scripts at their chosen pharmacy and set up reminders on a calendar or on their phone. Marking the last bottle or box of your medication with a sticker or similar as you use them can also help to remind you it's time to reorder! A medication stock take template is also available on the resources section of **Cystic Fibrosis Queensland's website**.

Depending on your situation, you may also need to create a budget to help manage your costs and ensure you are never without your medications. Simple and free budget tools can be found via apps and online or alternatively, speak to someone you trust to help create your own.

Helpful tip: If you are travelling a long way or on public transport to collect your prescriptions, you will need to plan how you will transport your medications safely. This may mean taking a cooler bag or similar with you if your medications need to be kept at a certain temperature or away from direct sunlight.