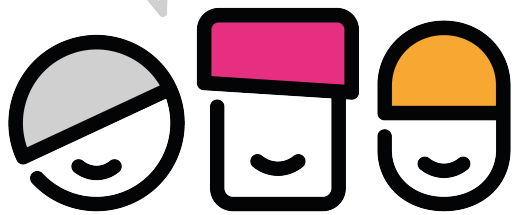
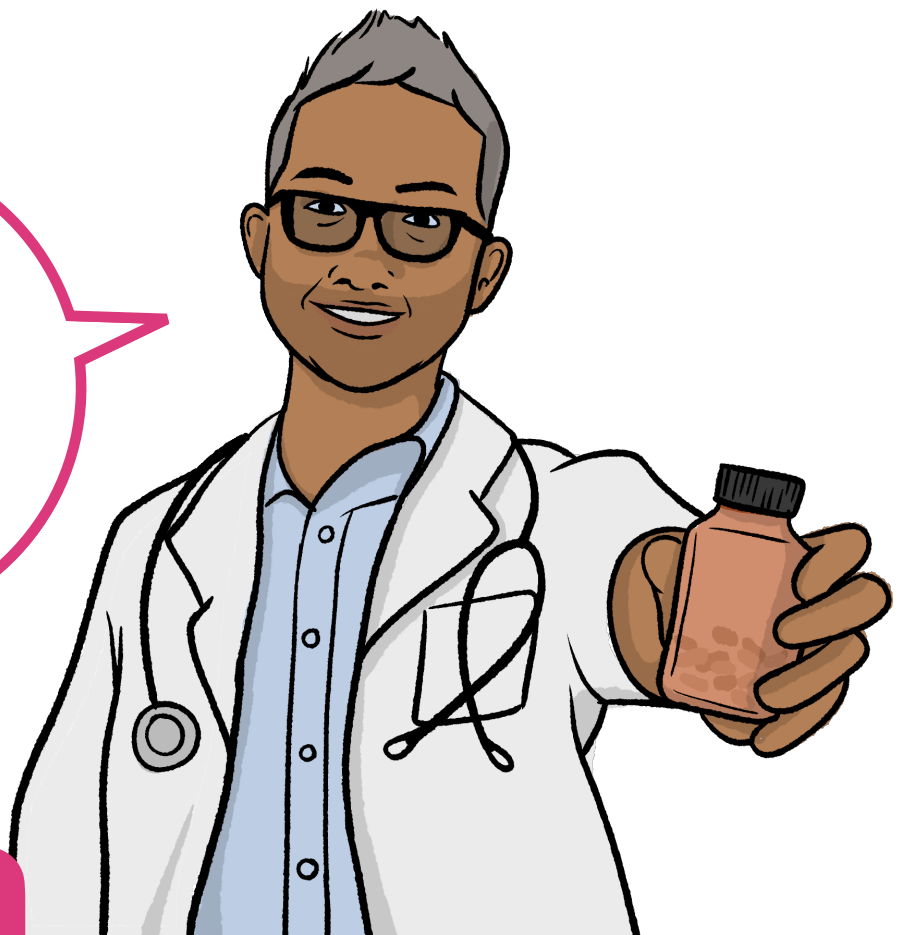


It's OK to ask...



me + my medicines

Talking with you about your medicines



**Easy
Read**

**Health
Innovation
Network**

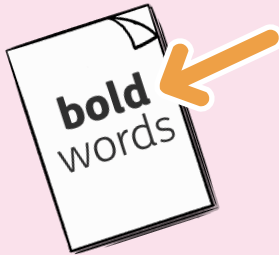
Easy Read



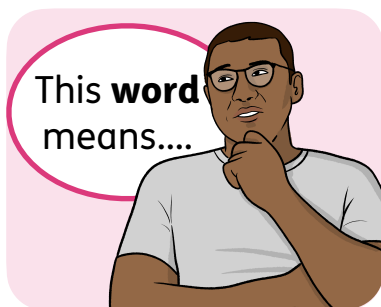
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



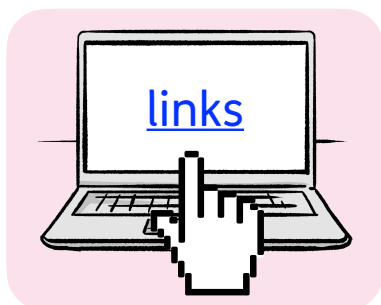
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

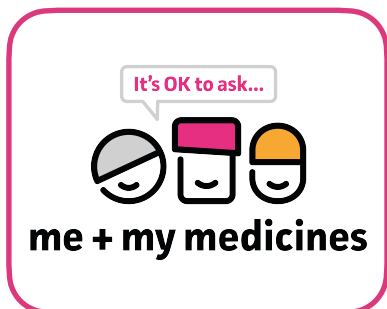
About this booklet4

Talking about your medicines.....5



You can listen to an audio recording of this booklet by scanning this QR code with your phone or tablet.

About this booklet



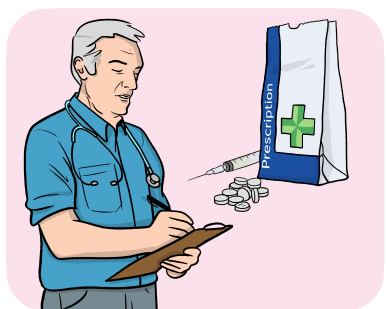
Me and My medicines helps you and your doctor or pharmacist talk about your medicines in an honest way.



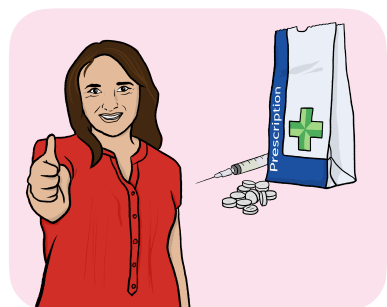
This booklet shows you and your health professionals how to work together to get the best from your medicines.

This is called the **Medicines Communication Charter**.

Talking with you about your medicines can:



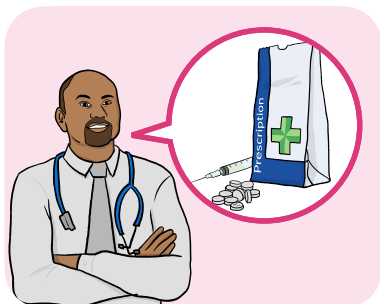
- Help health professionals make sure that your medicines work in the best way.



- Help you understand and feel happy about the decisions about your medicines.

Talking about your medicines

Health professionals work hard to make sure that your medicines work in the best way by:

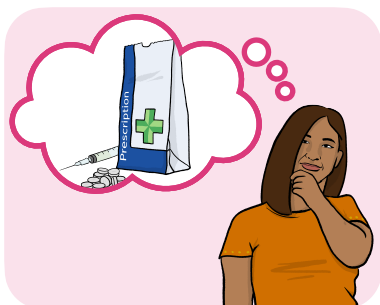


- Sharing advice with you about your medicines.

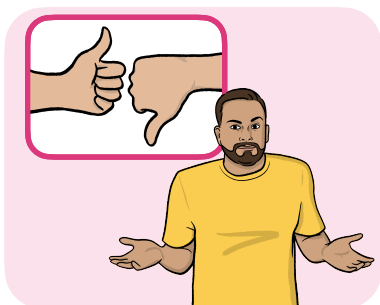


- Listening to what you think about your medicines.

You can help make sure that your medicines work in the best way by:



- Telling us what you think about your medicines.



- Telling us how your medicines make you feel.



You can also help us make sure that your medicines are working in the best way by telling us how your medicines affect you in your daily life.

About you



Your name:



Today's date:



Your health professional's name:

This Easy Read booklet was produced by easy-read-online.co.uk
The booklet includes images licensed from Photosymbols & Shutterstock.