



Consumer Medicines Information



Having access to reliable information about the medications you take will help you better understand your medicines and equip you to play a bigger role in the management of your own health. That's why the Pharmacy Guild of Australia encourages patients to "Ask Your Pharmacist ... for more information".

Ask for a CMI

If you would like more information about your medicines, ask for a Consumer Medicine Information (CMI) leaflet from your local community pharmacy. Provided free of charge to pharmacy customers, CMIs are reader-friendly documents that provide information about prescription medicines.

CMIs are written in plain English by the pharmaceutical company that makes the medicine. They answer common questions about the medicine, including what it is for; how to use it properly; things to consider before taking it; and any known side effects. A CMI can be provided when someone is starting a new medicine for the first time, or whenever a customer asks for it.

While CMIs are a valuable resource, reading one does not take the place of counselling by a health professional. It is still important to talk to your doctor or pharmacist about your health and medicines.

How often do you leave the doctor's surgery feeling overwhelmed? You may have been discharged from hospital or started on a new medicine. It's easy to forget large amounts of information, especially when you aren't feeling well. The best thing about a CMI is that you can take it home and read it at your leisure. It might even jog your memory about something you may have forgotten to tell your GP, which can then help you to avoid potential problems and achieve a better health outcome.

Medicine information online

With the rise of the internet, people can find a vast range of information at home, but there is a need for caution when dealing with issues relating to health.

The best way to guarantee you are getting reliable information about your medicines is to ask your pharmacist for a CMI. Meanwhile, one website that can be relied upon for authentic and trustworthy information on medicines is www.medicines.org.au. At this website, you can find CMIs for most of the prescription medicines available in Australia.