

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 eg 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, inhalers. Please do not request a prescription if you do not need it and if a pharmacist orders for you please ask them to check with you before they order.

Ordering “on-line “ is recommended as the most reliable and safest way to order. It also saves our reception staff time giving them more time to do other things like answer the telephone and deal with more complex problems. Please ask reception or your doctor to issue a password so you can access your records on line.

So how do I synchronise my repeat prescriptions?

Use the form overleaf. When you next need to request an item on repeat count up all the tablets you have and fill in the form. Your doctor will issue a “one off” prescription of the tablets you need to synchronise all your medication to within a day or two. This form is available on our website or at reception. If you order on-line, please just add these details to your next request.

