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 they 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 and if a pharmacist orders for

you please ask them to check with you before they order.

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 add these details

to your next request.

|  |  |
| --- | --- |
| **Patient name:** |  |
| **Date of birth:** |  |
| **Date of medication count:** |  |
| **Nominated Pharmacy name:** |  |
| **PRACTICE USE ONLY** | |
| **Date request received:** |  |
| **Notes:** |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of regular medications** | **Strength** | **How many do you take a day?**  **(Dosage)** | **How many do you have left?** | **PRACTICE / PHARMACY USE ONLY**  **Quantity in one full supply** | **PRACTICE / PHARMACY USE ONLY**  **Quantity needed** |
| ***EXAMPLE***  *Aspirin dispersible tablets* | *75mg* | *1 each morning* | *12* | *28* | *16* |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**Please note:** some medications may not always be suitable for synchronisation, e.g. painkillers, insulin, warfarin, creams/ointments, “when required” medications.