Side effects

All medications can cause side effects such as nausea or stomach disturbances. These side effects can be temporarily (as your body gets used to the medication). However, when some side effects occur it is important to contact your doctor as soon as possible. Here we give some examples:

- vomiting of blood
- bloody or black tarry stool
- persistent vomiting
- persistent diarrhoea
- muscle weakness and tingling
- swollen ankles
- increasing shortness of breath or shortness of breath when you lie down

Read the patient information leaflet for extra information. If you have any questions, ask your doctor or pharmacist.

You as a partner in your healthcare

Health care personnel, such as doctors and pharmacist, try to help you with your medication use. But you also have an important role in your own healthcare. Here are some tips:

1. Keep up with your medications
   - Make sure you always carry an actual and complete medication list with you. You can request a medication list from your pharmacist.
   - Note on this medication list all medications you use including the medication which you may have bought without a doctor’s recipe (e.g. herbals, vitamins, painkillers).

2. Share important information with your healthcare providers
   - Show your complete medication list each time you visit a doctor.
   - Tell your doctor and pharmacists which allergies or serious side effects you have endured and whether you have a decreased kidney and/or liver function.

3. Know the facts about your medication such as
   - Why, when and how long you should use the medication.
   - Whether tablets or capsules may be crushed/opened.

4. Never use someone else’s medication and never share your medication with others.

5. Do not change your medication without consultation
   - Do not change a dose or do not discontinue medication without consulting your healthcare provider. Even if you have no complaints, it is still important to use this medication. Some medication prevents healthcare problems.
   - Consult your doctor or pharmacist first before you buy medication without a doctor’s recipe. They can check whether this medication can be combined with the medication you already are using.