

Example of a prompt card:

Medicine	Breakfast	Lunch	Dinner 6pm	Bedtime
Warfarin			According to INR	
Atorvastatin 40mg Tablets	ONE			
LevoThyroxine 100mcg Tablets	ONE			
Sotalol 160mg Tablets	ONE			
Finasteride 5mg Tablets	ONE			
Tamsulosin 400mcg Capsules	ONE			
Metformin 500mg Tablets	TWO		TWO	
Paroxetine 20mg Tablets	ONE			ONE
Tegretol Retard 200mg Tablets	TWO			TWO
Betahistine 16mg Tablets	ONE			ONE
Tramadol (Zydol SR) 200mg Tablets	ONE			ONE
Temazepam 20mg Tablets				ONE
Ranitidine 300mg Tablets				ONE
Mebeverine 135mg tablets	One to be taken FOUR times daily if required			
GTN spray	Spray ONE or TWO puffs under the tongue when required for angina			