

# Managing Your Medication



# Do you have excess medication at home?

Learn to manage your medication supplies at home with the Outpatient Pharmacy's Medication Self-Management Programme.

JurongHealth's Outpatient Pharmacy can help you:

- Learn how to consume your medication safely
- Save on medication costs by reducing excess medication at home
- Ensure sufficient medication until your next appointment



# What you will learn

## 01



Important details of your medication (e.g. generic name, strength, form)

## 02



How to count and record excess medication in the Patient Medication List on the next page

## 03



How the Patient Medication List helps you to avoid accumulating excess medication, thus saving time and money

On the day of your next outpatient appointment, please bring your completed Patient Medication List and hand it to our staff at the Outpatient Satellite Pharmacy **BEFORE** seeing a doctor.

Our team will assist you to manage your medication and check against your latest prescriptions to avoid duplicate supplies.

We look forward to assisting you!



# Opening Hours

## Tower A, Outpatient Pharmacies

Contact Number: 6716 1020

### Outpatient & Retail Pharmacy

#### Level 2

Monday - Friday 8.30am - 7.00pm

Closed on Saturdays, Sundays and public holidays

### Satellite Pharmacies

#### Levels 3, 4, 5 & 7

Monday - Friday 9.00am - 6.00pm

Closed on Saturdays, Sundays and public holidays



## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

[www.ntfgh.com.sg](http://www.ntfgh.com.sg)

### Clinical and appointment line hours (closed on Sundays and public holidays)

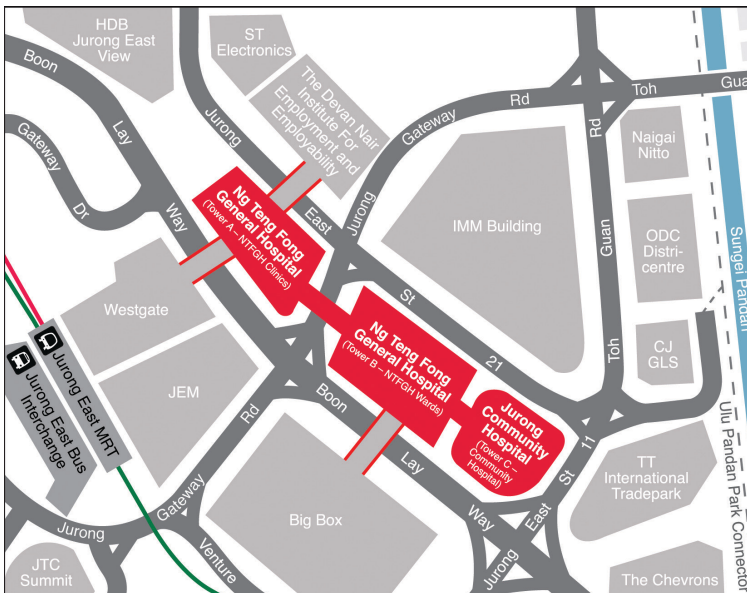
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

## Getting there



### By train

Jurong East MRT Station

### By bus

#### From Jurong East Bus Interchange

SBS 49, 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M, 160, 183, 197, 333, 334, 335, 506

#### Along Boon Lay Way

SBS 99, Private bus service 625

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.