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**What is synchronisation**?

The aim is to order all the medication you have on repeat at the same time rather than at different times throughout the month.

This 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 are admitted to hospital. Sometimes you may stop taking one or more of your medications for a short period.

**So how do I synchronise my repeat prescriptions**?

Use the form attached.

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.

It should be correct and synchronised the next time you order your medication.

Date:

**Scotstown Medical Practice Synchronisation Form**

|  |  |
| --- | --- |
| **Patient Name** | **Date of Birth** |
|  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of medication** | **Strength** | **Dose** | **How many you have left** |
| E.g.: Aspirin | E.g. 75mg | E.g. – once a day | 3 |
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