Also include puffers, eye drops, vitamins, supplements, herbal/rongoa products)

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| --- | --- | --- | --- | --- |
| **Name of medicine** | **Strength**  | **How much to take and when** | **What it is for** | **Comments** |
|  |  | Breakfast | Lunch | Dinner | Bedtime |  |  |
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| Talk with your doctor, nurse or pharmacist before stopping any medicines |