

# New Medicine Service (NMS):

## Help when you start taking a new medicine



It can be tricky getting used to new medication. In fact, up to 50% of people don't take their medicine the right way which may mean it doesn't work properly.

That's why most community pharmacies offer a free NHS service to help people get used to new medicines. Anyone who has recently been prescribed certain medication for the first time – e.g. for asthma, type 2 diabetes, COPD, high blood pressure or blood-thinning drugs – is eligible.

### What it involves

You have a private one-to-one conversation with your pharmacist. Your pharmacist will explain more about the medicine, what it is for, how/when to take it, and any potential side-effects you may experience. You can also discuss any questions or concerns you may have.

Your pharmacist will then arrange to see you again to check how you are getting on and make sure you aren't having any problems.

The benefits for you include:

- Understanding your medicine better.
- Feeling confident you're taking it correctly and getting the best from it.
- Being aware of potential side-effects and what to do about them.

### How to get this free check

- Your pharmacy may ask you if you would like this free NHS service.
- You can also ask your pharmacist about it – you don't need to be invited.

**And remember:** Pharmacies are always happy to help if you have any queries or concerns about your medicine, or are experiencing side-effects that you are worried about. If in doubt, always ask!