



My Medicines

Self-management website for people who have had a stroke www.selfhelp4stroke.org

Topic 2 Keeping Healthy

Drug		When do you take it (✓)			
Your drug name	Doseage (mg)	Breakfast	Lunch	Dinner	Bedtime
Antiplatelet drugs: take to reduce blood clotting					
Statins: take to lower cholesterol and reduce the likelihood of CHD plaques bursting					
Anticoagulation therapy: take to reduce the risk of blood clots that could cause another stroke					
Blood pressure medication: to lower blood pressure and help lower risk of another stroke or heart attack					
Other:					
Other:					
Other:					