



TALK TO YOUR PHARMACIST

about your prescription for sleeping
tablets or anxiety medicines

Long-term use may cause you harm. Your doctor and
pharmacist can help you to come off your medicine gradually.



An Roinn Sláinte
Department of Health



Bord Altránais agus
Cnámhseachais na hÉireann
Nursing and Midwifery
Board of Ireland



Comhairle na nDochtúirí Leighis
Medical Council



The Pharmacy Regulator
An Rialtóir Cógaisíochta



HPRA
An tUdarás Rialála Taisgí Sláinte
Health Products Regulatory Authority



Medicines Management
Programme