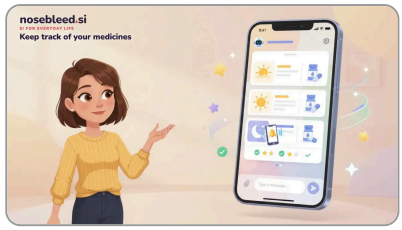
Keep track of your medicines



Use AI to turn a pile of medicine labels into a clear daily chart, then check every line.

By the end, you'll be able to:

- copy instructions from a label exactly
- use AI to set out a daily chart
- check the chart against the labels, and know who to ask

Warm-up How do people remember to take their medicines?

Share ideas with your group. Alarms? A pill box? Keeping them by the kettle?

1 Read the labels

Here are three made-up medicine labels, for practice only. Read them.

MRS M HILL · ANYTOWN PHARMACY
A. Amlodipine 5 mg tablets. Take ONE tablet each morning.

MRS M HILL · ANYTOWN PHARMACY
B. Metformin 500 mg tablets. Take ONE tablet TWICE a day with food.

MRS M HILL · ANYTOWN PHARMACY
C. Atorvastatin 20 mg tablets. Take ONE tablet at night.

Fill in the chart. Write the letter of each medicine at the right time of day.

Morning	Midday	Evening	Bedtime

2 Ask AI to make the chart

If you have a device, try this prompt, followed by the three labels. **Leave out the name.**

TRY THIS PROMPT

Please make a simple daily chart from these medicine labels. Copy the instructions exactly as written. Don't add anything, and don't give advice. Use columns for morning, midday, evening and bedtime. Here are the labels:

3 Spot the mistakes

Here's a chart an AI assistant might make. It has **two mistakes**. Check it against the labels.

Medicine	Morning	Midday	Evening	Bedtime
Amlodipine 5 mg	1 tablet			
Metformin 500 mg (with food)	1 tablet			
Atorvastatin 20 mg				1 tablet

Note: you can skip the amlodipine on days when you feel well.

The two mistakes are:

4 Who should you ask?

Tick who could help with each question.

	AI can help	Ask a pharmacist or GP
Can I take this with my other tablets?		
Can you make my chart bigger and clearer?		
I've got a new side effect. What should I do?		
What can help me remember my evening tablet?		
Can I stop this medicine now I feel better?		

5 Good habits

- Copy the label **exactly**, and check every line of the chart against the packets.
- Update the chart whenever a medicine changes, and take it to appointments.
- Never change when or how much you take because of something AI says.

> **No device?** In pairs, one of you reads a label aloud and the other fills in the chart. Then swap and check each other's.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/keep-track-of-your-medicines**

Teacher notes: Keep track of your medicines

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Use only the sample labels in class, never learners' own medicines. The labels show common medicines and doses for practice only; they're not advice.

Running order

5 min	**Warm-up.** Share ways to remember medicines.
10 min	**Part 1.** Learners fill in the chart from the labels.
15 min	**Parts 2 and 3.** Try the prompt, then spot the mistakes.
15 min	**Parts 4 and 5.** Who to ask, then good habits.
5 min	**Wrap-up.** The golden rule: AI organises; it doesn't advise.

Answers: Part 1

Morning: A and B. **Evening:** B (with food). **Bedtime:** C.

Answers: Part 3

1. Metformin should be twice a day, with food: morning *and* evening. The chart only shows the morning.
2. The note about skipping amlodipine is made up, and dangerous. The label says nothing like it. Never stop a medicine without asking your GP or pharmacist.

Answers: Part 4

AI can help: making the chart clearer; ideas for remembering, such as a phone alarm.
Ask a pharmacist or GP: other tablets; side effects; stopping a medicine. (In the UK, NHS 111 can help if it's urgent.)

Discussion points

- Pharmacists are experts in medicines, and you can usually talk to one without an appointment.
- AI can misread a photo of a label, especially numbers.

Safety notes

- Leave names, dates of birth and NHS numbers out of the AI chat.

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