

Think Pharmacists

Patient Tip Sheet

Here are some tips to help you get the most out of your medications and your pharmacist.



Talk to your pharmacist about everything you take

Even over the counter medications, vitamins and natural health products matter. Your pharmacist can help you understand whether they are effective or safe for you and if they interact with your other medication. Your pharmacist can help you avoid serious side effects. If you're not sure how medication will affect you, just ask your pharmacist.



Use the same pharmacy for all prescriptions

That way your pharmacist has a list of all your medications and can keep track for you. It will also make it easier for your pharmacist to check for possible interactions between a new medication and one you're already taking.



Take your medication as prescribed

Take all of it even if you start to feel better to make sure the medication works, and follow the instructions on the label to make sure you're getting the right dose.



Pharmacists can make it easier to take your medication

If you have any trouble opening a pill bottle, reading the label, taking the medication or remembering what to take when, your pharmacist can help make it easier for you.



Babies and children are special patients

Your pharmacist can help with teething, colic, diaper rash and more. If you're giving your child any medication, even over-the-counter products like cough syrup, your pharmacist can make sure you give the right dose based on your child's age and weight.



Take it back, don't throw it out

Putting old or unused medication in the garbage or down the toilet is not a safe way to dispose of them. All pharmacies will take it back and dispose of it safely for you. They will also take back any needles or lancets too and give you a container for them, free of charge.



Help for quitting smoking

If you're thinking about quitting smoking, your pharmacist can help with support, products and medication if needed. You don't have to do it alone.



More than medication

Your pharmacist is an expert on medication but can also help with many other health-related topics. Just ask!

March is



PAM
PHARMACIST AWARENESS MONTH

#PAM2018