

Tips for Managing your Medications

There are 4 types of products that can be used for the prevention and treatment of conditions:



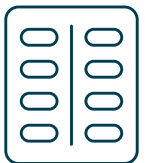
1. Prescription medications

You can only get from a pharmacist after a physician, pharmacist, or nurse practitioner has prescribed them for you



3. Vitamins and minerals

Calcium, magnesium, etc.
Vitamin A, B, C, D, E, etc.



2. Over-the-counter (OTC) medications

You can buy for yourself without a prescription



4. Natural health products

Gingko, ginseng, St. John's wort, saw palmetto, etc.

Tips to help you manage new and existing medications

- Keep an updated list of ALL the products you are taking, including prescription, over-the-counter, vitamins and natural health products
- Update the list whenever there is a change
 - new medication is started
 - medication is discontinued
 - change in the dose
- Keep a list of any allergic reactions or side effects that you experience when you take the medication
 - for example "medication name made me feel dizzy"

Talk to your pharmacist...

- **If you have trouble:**
 - opening bottles or blister packs
 - swallowing your pills
 - reading the label or colour coded labels
 - understanding the instructions
- **If you have concerns with organizing your pills**
 - Your pharmacist can suggest products that can help, such as automated dispensing or notifications to prompt you when to take medications

Checklist of questions to ask when being prescribed a new medication:

- | | |
|--|--|
| <input type="checkbox"/> What is the brand and common name of the medication? | <input type="checkbox"/> What should I expect from it and by when? |
| <input type="checkbox"/> Why is it being prescribed? | <input type="checkbox"/> What side effects should I look for? |
| <input type="checkbox"/> How long should I be taking it for? | <input type="checkbox"/> What should I do if I experience side effects? |
| <input type="checkbox"/> How many times should I take it in a day? | <input type="checkbox"/> Does it interfere with anything I am taking right now? |
| <input type="checkbox"/> When in the day should I take it? | <input type="checkbox"/> When should I stop taking it? |
| <input type="checkbox"/> How many pills should I be taking at any one time? | <input type="checkbox"/> How should I stop taking it? |
| <input type="checkbox"/> Should the medication be taken with food? | <input type="checkbox"/> What should I do if I forget to take a dose? |
| <input type="checkbox"/> Is there a food or supplement I should not take it with? | <input type="checkbox"/> Do I need refills? |
| <input type="checkbox"/> How do I store my medication? | <input type="checkbox"/> Is there anything I should or should not do while taking the medicine (for example, driving)? |
| <input type="checkbox"/> What should I do if I am travelling with this medication? | |
