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.

2. Over-the-counter (OTC) medications
   You can buy for yourself without a prescription.

3. Vitamins and minerals
   Calcium, magnesium, etc.
   Vitamin A, B, C, D, E, etc.

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

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

☐ What is the brand and common name of the medication?
☐ What should I expect from it and by when?

☐ Why is it being prescribed?
☐ What side effects should I look for?

☐ How long should I be taking it for?
☐ What should I do if I experience side effects?

☐ How many times should I take it in a day?
☐ Does it interfere with anything I am taking right now?

☐ When in the day should I take it?
☐ When should I stop taking it?

☐ How many pills should I be taking at any one time?
☐ How should I stop taking it?

☐ Should the medication be taken with food?
☐ What should I do if I forget to take a dose?

☐ Is there a food or supplement I should not take it with?
☐ Do I need refills?

☐ How do I store my medication?
☐ Is there anything I should or should not do while taking the medicine (for example, driving)?