

ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues.

Just Checking... Am I Getting the Most from My Medication?

To get the most from your medication, you need to know how to take it, what it's for, and what to do if you have any problems. Medications include tablets, capsules, pills, liquids, puffers or inhalers, sprays, creams, patches and drops. Some are prescribed by your doctor and others you can buy off the shelf in your pharmacy.

Use this list of questions to help you think about the medication you take. Check off the boxes and talk to your pharmacist about your answers. Your pharmacist works with your doctor to help you get the most from the medication you take.



● Do I have trouble ...

yes no

- Reading the label on my medication?
- Understanding the instructions on my medication?
- Opening the medication bottle?
- Using things like puffers, eyedrops, creams, patches?
- Swallowing my medication?
- Remembering to take my medication?

● Do I want to know more about ...

yes no

- The medication I am taking?
- Where to store my medication?
- How and when to take different kinds of medication?

● Do I ...

yes no

- Share my medication with family and friends?
- Drink beer, wine or liquor with my medication?
- Sometimes change the amount of medication I am taking?
- Take nonprescription medication, vitamins or herbal medicine without talking to my pharmacist or doctor?
- Keep old bottles of medication, just in case I need them?

● Do I know ...

yes no

- The names of all the medications I am taking?
- What I am taking the medication for?
- What to do if I miss a dose?

● Do I feel that ...

yes no

- I am taking too many medications?
- My medication is making me sick?
- My medication is not working?
- My medications are working against each other?

● Do I ...

yes no

- Have more than 3 medical conditions?
- Take medications 3 times a day or more?
- Take 5 or more different medications (including prescription and nonprescription?)

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