

ASK YOUR PHARMACIST

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



Your Pharmacist

- ◆ is a licenced health care professional with a minimum of 4 to 5 years of university training
- ◆ is a medication expert and can help you get the best from your medicine
- ◆ keeps a computer record of all your prescription medications
- ◆ checks your prescription to make sure the drug, dose and instructions are best for you
- ◆ can give advice on ways to relieve your symptoms without using drugs

Take Full Advantage of Your Pharmacist's Knowledge

Today's pharmacist provides many services in addition to filling prescriptions and providing advice and information about taking your medicine well. Your pharmacist can help you with other health care concerns, including:

- ◆ managing conditions such as diabetes, asthma, high blood pressure, high cholesterol

Taking Charge of Your Health!

Canadians are becoming much more active in their own care and taking charge of their health. It is important to take charge, but you don't have to do it alone. Now more than ever is the time to take charge of your health by talking to your pharmacist.

- ◆ helping with lifestyle changes; for example, quitting smoking
- ◆ helping you make sense of health information you find on the Internet or in the news
- ◆ helping you find other useful resources within your community

Always Ask Your Pharmacist About Your Medicine

Whether you are filling a prescription, choosing over-the-counter medicine to treat symptoms or illness, or considering taking an herbal or natural health product, never leave the pharmacy before you know the answers to all of your questions which might include:

- ◆ Why am I taking this medicine?
- ◆ How do I take it?
- ◆ When will I feel better?
- ◆ What should I do if I miss a dose?
- ◆ What side effects might I experience? What should I do?
- ◆ Can I take this medicine if I am pregnant or breastfeeding?

- ◆ I'm taking some other medications. Is it okay to take this one too?
- ◆ Are there any foods, alcohol or other drugs I should avoid while taking it?
- ◆ Where should I store my medicine?

Your Health Checklist

- ◆ Choose a pharmacy that meets your needs and continue to use that pharmacy.
- ◆ Take your medication as directed.
- ◆ Keep your pharmacist and doctor up-to-date on any prescription, nonprescription, herbal or natural health products you are taking.
- ◆ Talk to your pharmacist if you are unsure about how to take or store your medications or if you are having any problems with your medications.
- ◆ Ask your pharmacist to help you select nonprescription products.

**For more information
ASK YOUR PHARMACIST!**