

Get the most out of your medicines!

Safe use of your medicines is a team effort between you, your doctor, your pharmacist, and other healthcare providers. Your care is why we are all here!



Ask

Your pharmacist:

- For ways to help you remember when to take your medicine
- To review all your medicines with you once a year and provide an updated list
- What to do with old, unused, or expired medicines, herbals, and over-the-counter products

Your doctor or pharmacist:

- If it is safe to take non-prescription medicine with your prescription medicines
- How new medicines work with your existing medicines
- What to do if you miss a dose of your medicine. **Never** take 2 doses to make up for a missed dose

Tell

- Your care team if new or unexpected symptoms occur while using medicines
- Your care team about the full list of medicines you are taking

Know

- The name and purpose of each medicine you are taking
- The importance of taking medicine exactly as prescribed
- How to take each medicine (for example, with food or on an empty stomach; swallow pills whole or crush pills)
- The possible side effects of your medicine
- If there are any activities you should avoid while taking your medicine
- The expiry date of your medicine
- If there are any interactions with other medicines and over-the-counter products you are taking

Do

- Use one pharmacy to keep your medicine records, and allergy information, in one place (if possible)
- Take medicines that are prescribed only to you
- Use separate containers for each medicine you take, or use a pill organizer or medicine reminder system
- Keep a list of all your medicines and over-the-counter products with you at all times. Update this information each time there is a change