

Seniors Care Program

# 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





This handout was adapted with REGIONAL GERIATRIC PROGRAM OF TORONTO PERMISSION from the Regional Geriatric Program.

## 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-thecounter products with you at all times. Update this information each time there is a change

© 2020 Humber River Health. All rights reserved.

The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazoni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alquien le ayude.