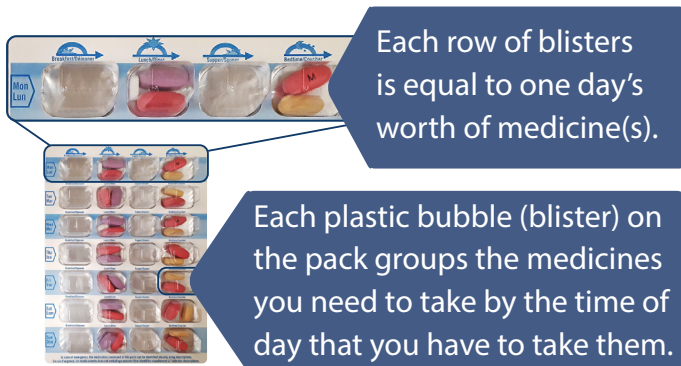


# Blister Packs

## What is a blister pack?

A **blister pack** is a special way a pharmacy can pack the medicines you take.



## Why should I use a blister pack?

The following are some benefits to organizing your medicines in blister packs:

- It can help you remember to take your prescription medicines at the proper time.
- It is a safe way to know that you took your medicines, as prescribed.
- It ensures you do not miss a dose of your prescription medicines, which can be a health risk.
- It ensures you do not take a double dose.
- It can prevent certain types of medicine mistakes.
- It is more convenient than having multiple bottles of medicines.
- It can store easily.
- It helps you keep your independence.

## How do I use blister packs safely?

- Always check the label on your new pack to make sure your name is on the label and the medicines listed are the ones you were expecting.
- Make sure you can read the words printed on the blister pack (such as "Mon" or "Lunchtime").
- Know the medicines you take - the names, what they look like, and when you should take them.
- Before starting a new blister pack, check the appearance of the items in each blister. Check one row at a time to make sure they all look correct.
- If you have any concerns, call your pharmacy before taking any of the medicines in the blister pack.
- Take the medicines in each blister at the scheduled time. If you forgot to take medicines from one blister, call your pharmacist to ask what you should do. **Do not** take 2 blisters (2 doses) together to make up for the dose you forgot to take.
- Do not take medicines from more than one blister pack at the same time. This can lead to higher chance of errors.

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

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

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