

## Medication Questions

- ◆ It is very important to understand your medications and to follow the prescription as it is written on the bottle or on the blister pack. You should not be making any changes to how much or when you take your medications without consulting your pharmacist or your doctor. Never stop taking a medication without consulting your doctor.
- ◆ Be aware that some medications need to be taken with or without food in order to be effective.
- ◆ Be aware that some medications should not be taken with alcohol.
- ◆ Whenever you have questions you can call your pharmacist and if it is after hours you can always contact Telehealth Ontario 1-866-797-0000.



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HEALTH SERVICES ACCREDITATION

## Your Guide to Medication Education



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## Understanding Your Medication is Very Important

Do you know the answer to the following questions?

- ◆ Do you know what medications you are currently taking and the doses?
- ◆ If memory problems make this difficult - do you carry a list of medications in your wallet in case of an emergency?
- ◆ Do you know why you are taking each medication?
- ◆ Do you know the times to take each of your medication?
- ◆ Are you aware of and looking for side effects from your medications?

If you have questions or if you take many different medications it may be a good idea to book a medication review with your pharmacist. They will sit down with you and review your current list of medications and the reason you are on each one. They will also alert you if they think that any of your combinations of medications are of concern and may ask you to consult with your doctor.

*When you receive your medications you should also receive a Health Watch print out that explains how to take the medication - what it is for and side effects to be aware of. It is important to take the time to read and understand this information.*

