

## Summary 6. Work with Your Pharmacist



Your pharmacist is a member of your healthcare team. This person is trained to help you with all your medication needs.

### Pharmacists in Manitoba must provide counseling on all prescription medication.

They can:

- Explain how to use safely medications including prescribed, over-the-counter, vitamins and herbal products
- Check your medicine to make sure it is working properly
- Answer your questions about your medicine

### Tips for your medication safety

- Work with your pharmacist to use your medications safely.
  - Know the name of your medicines.
  - Know why you take them.
  - Know how they work.
  - Know how much to take (the dose) and how and when to take them.
  - Know the possible side effects.
  - Know what to do if you forget to take them.
  - Know foods, drinks, activities and other medicines to avoid.
  - Know how to store them.
  - Know how to get rid of unused or expired medicines.
  - Ask questions when in doubt.
- Tell the pharmacist if you **cannot** read your medication labels.
- Tell your healthcare providers if you have allergies.
- Complete and carry a current *It's Safe to Ask* medication card. Go to [www.safetoask.ca](http://www.safetoask.ca) for a free copy.
- Check that your name, address and medical numbers are correct on all prescribed medications.
- Report any side effects to your healthcare providers.
- Try to use one pharmacy for all your medication needs.
- Do not stop taking or change your medication without first checking with your doctor or pharmacist.
- Call your doctor, if you feel your medicine is not working.

*Learn...to be SAFE.* Go to Manitoba Institute for Patient Safety websites [www.safetoask.ca](http://www.safetoask.ca) and [www.mips.ca](http://www.mips.ca).