



# Get the most out of your medications!

Safe use of medication is a team effort between you, your doctor, pharmacist and other healthcare providers.

## Ask

- Your pharmacist for ways to help you remember when to take medication
- Your pharmacist to review all your medications with you once a year
- Your doctor or pharmacist whether it is safe to take non-prescription medication with your prescription medication
- Your doctor or pharmacist whether it is safe to have alcohol with your medication
- Your doctor or pharmacist what to do if you miss a dose of your medication
- Your pharmacist what to do with old medications

## Tell

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

## Know

- The name and purpose of each medication you are taking
- How to take the medication exactly as prescribed
- The possible side effects of your medication
- If there are any activities you should avoid while taking your medication
- The expiry date of your medication

## Do

- Use one pharmacy, if possible, to keep your medication records in one place, including allergy information
- Take medication that is prescribed only to you
- Use separate containers for each medication you take, or a pill organizer or medication reminder system

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