**Patient Tip Sheet**

Pharmacist Awareness Month 2016

*Pharmacists: Doing more. For you.*

Here are some tips to help you get the most out of your medications and your pharmacist.

**Tell your pharmacist about everything you take**

Even vitamins and natural supplements matter, because they could interact with your other medication. Your pharmacist can help you avoid serious side effects. If you’re not sure how something will affect you, just ask your pharmacist.

**Use the same pharmacy for all prescriptions**

That way your pharmacist has a list of all your medications and can keep track for you. It will also make it easier for your pharmacist to check for possible interactions between a new medication and one you’re already taking.

**Take your medication as prescribed**

Take all of it even if you start to feel better to make sure the medication works, and follow the instructions on the label to make sure you’re getting the right dose.

**Pharmacists can make it easier to take your medication**

If you have any trouble opening a pill bottle, reading the label, taking the medication or remembering what to take when, your pharmacist can help make it easier for you.

**Babies and children are special patients**

Your pharmacist can help with teething, colic, diaper rash and more. If you’re giving your child any medication, even over-the-counter products like cough syrup, your pharmacist can make sure you give the right dose based on your child’s age and weight.

**Take it back, don’t throw it out**

Putting old or unused medication in the garbage or down the toilet is not a safe way to dispose of them. All pharmacies will take it back and dispose of it safely for you. They will also take back any needles or lancets too and give you a container for them, free of charge.

**Help for quitting smoking**

If you’re thinking about quitting smoking, your pharmacist can help with support, products and medication if needed. You don’t have to do it alone.

**More than medication**

Your pharmacist is an expert on medication but can also help with many other health-related topics. Just ask!