



Ask About Your Medicines.

1. Do you know?

- What medicines you are taking and why?
- How and when to take them?
- Whether any of your medicines react with each other, or with food or alcohol?

This leaflet is to help you to know what to ask whenever you are prescribed or buy medicines. Your pharmacist is in the best person to help you understand more about your medicines so all you have to do is just ask.

2. Always know the answers to these questions before you use your medicine.

- What does this medicine do?
- How and when should I take it?
- For how long will I need to use it?
- Should I avoid any other medicines, drinks, foods or activities when I am taking this medicine?
- What are the possible side effects or risks and what should I do when they occur?

All medicines come with instructions on how to take them and details of what they contain. It is best to read the leaflet and the instruction leaflet before you take any medicine. If you have any concerns or need further information ask your pharmacist.

3. When you are having your prescription dispensed or you are buying any medicines make sure you tell your pharmacist the following information so they can help you understand your medicines better.

- The name of all medicines you are taking including non prescription medicines, herbal or any other complementary remedies
- Any allergies, reactions or side effects to medicines which you might have taken in the past
- If you might be pregnant or breast feeding
- If you are having any problems with your current medicines.

4. Don't Forget!

- Your pharmacist is the expert on medicines and is always available to advise you on the medicines you can and cannot take together and which of your medicines are out of date and should not be used
- Always write down any questions that you might have before visiting your doctor or your pharmacist, and always provide as much information as you can about the medicines that you are taking
- Always read the label before taking any medicine and only take the dose recommended on the pack
- If in doubt ask your pharmacist for advice. Do not be afraid to ask questions.