

How your pharmacist can help you

Like your doctor, the pharmacist is a trained expert who can give you really useful information and advice about managing your health.

For example, a pharmacist knows a great deal about how medicines interact and should be able to advise you about any safety concerns to consider if you're taking a number of different medicines at the same time.

In some cases, certain medicines may reduce the effectiveness of others, or the combination of medicines you have been prescribed may have unwanted potential side effects. Although your pharmacist may not have the option to prescribe something else, he or she should be able to find a solution that suits you, or direct you to the right specialist advice.

Taking your medicine

If you're taking a medicine for the first time, you should make sure you understand exactly how and when you should be taking it. Your pharmacist should be able to tell you whether you should be taking your medicines with or without food and suggest appropriate times of the day. If you have any other questions, don't be embarrassed to ask. Also make sure you can read the label on the bottle or packet.

To help you take your medicine or medicines as prescribed, you may be able to buy from your pharmacist a special dispenser with compartments for different days of the week and times of the day.

If you have difficulty using your hands – if you have arthritis, for example – your pharmacist should also be able to provide easy-to-open containers for your medicines.

Remember to mention...

...if you are pregnant or breastfeeding, already taking prescribed or over-the-counter medicines (even vitamins, supplements or any other alternative treatments) or if you are allergic to anything.