



First Nations Health Authority
Health through wellness

YOUR MEDICATION POCKET CARD

www.fnha.ca

1.866.913.0033

YOUR MEDICATION: What You Need to Know

Below are some questions to ask your doctor or pharmacist to avoid complications when taking your medication. Take notes if this helps.

1. What is the name of the medication and what is it supposed to do? Does this medication have another name? Are there alternatives to this medication?
2. Is this medication safe for someone my age?
3. I have trouble swallowing pills/capsules. Can this medication be taken in another form?

4. Will this medication work safely with other medication that I'm taking? Tell your doctor/pharmacist about all of the prescription and over-the-counter medications, supplements and traditional medicines you take.
5. When can I expect the medication to start working? How will I know if it's working?

6. Do I need follow-up lab tests to tell how well the medication is working or to see if I am having any problems?
7. When and how should I take this medication: with or without food; at a certain time of day; without dairy products; as needed?
8. Is there an easier dosing schedule, or can I get blister packaging to help me remember

to take my medications? This is especially important to ask if you are taking more than one medication.

9. What should I do if I miss a dose of this medication?
10. Should I avoid any activities (driving, exercise), foods or alcohol when taking this medication?
11. What side effects should I watch for? What should I do if I have any of these side effects? Should I report it to you immediately, stop taking the medication or simply wait and mention it next time?
12. Do you have containers that are easier to open than the child-proof type?
13. What do I do if I need a refill?

Steps for Success: MANAGING YOUR MEDICATION

1. Know your medication.

- Know the names, reason for use, and possible side effects.

-
- Don't be shy to ask your pharmacist or doctor if you do not understand the instructions.
 - Contact your pharmacist or doctor if you are having a side effect.

2. Take your medication exactly as directed.

- Read all of your medicine labels and written instructions before taking each medication.

-
- Use a checklist to keep track of the medication you have taken.
 - Continue taking all of your medication until it is completed.
 - Ask for a blister pack.

3. Use only one pharmacy if you can.

4. Ask your pharmacist or doctor before taking any over-the-counter medication.

-
- You want to be sure over-the-counter medication won't interfere with your prescription medication.

5. Store medication in a safe secure location.

- Keep all of your medications in one place - unless some of them need to be stored in the fridge.
- Store medications in a cool, dry place.

-
- Do not store medicines in heated locations, direct sunlight, or in wet or damp places.

6. Do not use old or expired medication.

- Old and expired medications may be ineffective or even harmful in some cases.

7. Do not share your medications with other people, including family members – even if they have similar symptoms or conditions. It could have serious health consequences.

8. Keep a current list of your medications.

- Keep an updated list of all your prescription medications, sample medicines, over-the-counter medicines, traditional medicines, vitamins, and supplements.

9. A generic drug prescription does not mean it is less effective, unsafe, or lower quality care.

-
- Both generic and brand name drugs contain the same active medicinal ingredients and are equally safe and effective.
 - Both are tested for quality, safety and effectiveness by Health Canada.

Bring an up-to-date list of your medications to all of your doctor appointments.