

**Free!
Medication
Record Inside**



Knowledge is the *best* medicine

What you need
to know about
your medicines

Inside:

- 1 Using your medicines safely**
- 2 Ask your doctor or pharmacist**
- 3 Living smart**

Using your medicines safely

Things to watch for

A **side effect** is something that happens when a medicine affects you in a way it is not supposed to.

Before you take any prescription, your pharmacist and doctor should tell you about side effects that might happen and how long they might last.

Your doctor may want to change your prescription if the side effects are too strong. There may be a medicine that is better for you.

Ask your doctor and pharmacist which side effects you should report.

Adverse reactions are more serious than side effects but happen less often. No one wants them and they can cause a lot of harm.

Some examples are:

- a severe allergic reaction where you struggle to breathe, have a skin rash, feel very itchy, or have swelling;
- feeling faint and having a racing heart;
- severe nausea or diarrhea;
- depression.

If you think you are having a serious adverse reaction, seek medical attention right away.



Keep it safe

- ✓ Keep your prescription in the same container it came in, with the cap closed.
- ✓ Store your prescription in a dry, cool place away from sunlight. Heat and moisture can damage the medicine.
- ✓ Keep medicines away from your children and pets. Put all your medicines on a high shelf or in a cupboard where they can't see or reach them.
- ✓ Put your medicine in the fridge only if it says so on the label.
- ✓ Do not use medicine after the expiry date has passed.
- ✓ Clean out your medicine cabinet at least once a year. Gather up medicines that are old, not in their original bottle, or have labels that are not clear.
- ✓ **Do NOT throw medicines in the garbage or flush them down the toilet. Take them to your local pharmacy. This is the only way to safely dispose of them.**

