



You and Your Pharmacist

Did you know your pharmacist can do much more than fill your prescriptions? A pharmacist can help you stay healthy in many ways.

A pharmacist can:

Explain how to take your medicine

How much medicine to take, when to take it, and any special instructions (like taking it with food or on an empty stomach).

Give advice about side effects

Some medicines may have side effects and a pharmacist can give you more information and answer your questions. Side effects can be serious, but not always. It's important to know what to do in case of a severe reaction.

Review your medication list

Some medications do not work well when taken together. If you take more than one kind of medicine, your pharmacist can review the list. They can make sure your medications won't cause any problems when taken together.

Renew an ongoing prescription

If you take medication for a chronic or long-lasting condition, you sometimes may run out before you can see the doctor to renew your prescription. The pharmacist may be able to renew your supply while you wait for your doctor's appointment.

Give a flu shot

In most provinces and territories in Canada, you can get a flu shot at your local pharmacy.

Help you quit smoking

You can talk to your pharmacist about medication to help you quit smoking. Some pharmacies even offer quit-smoking support programs.

Deliver medication

If you can't pick up your prescription, some pharmacies can deliver it to you.

Offer information and counselling

Some pharmacies offer special workshops on conditions like heart health or diabetes. Many have free information materials on different health issues that you can take home with you.

Your pharmacist is an important part of your health care team. Talk to your pharmacist today to take charge of your health and live healthier.

