

## Questions You Should Always Ask Your Pharmacist

- What is the name of my medicine?
- What is the dose of my medicine?
- Exactly how should I take this medicine?
- Are there any special precautions to consider when using this medicine?
- Will I have any side effects and could they be serious?
- Is there anything I can do to prevent or lessen the chance of having side effects?
- Can I use this with my other medicines?
- Can I use nonprescription medicines when using this?
- What will happen if I miss a dose?
- Are there any refills on this medicine?
- Where should I store this medicine?
- Can I have an updated list of all my new medicines?

**Always carry a list of all your medicines, both prescription and nonprescription. Be prepared to show this record to all of your healthcare providers and your pharmacist.**

### The ElderCare Patient Education Series includes:

Aging and Your Response to Medicines  
 Alcohol: Friend or Foe?  
 Caregiver's Guide to Using Medicines  
 Consumer's Quick Reference to Using Medicines  
 Eye Medicines: May Be More Than Meets the Eye  
 Home Safety Issues: Poison Prevention for Older Adults  
 How to Select Your Pharmacy & Pharmacist  
 Medicines and Travel  
 Over-the-Counter Medicines: Choosing the Right Nonprescription Drug  
 Personal Medicine Record  
 Questions You May Have About Generic Medicines  
 Vitamins Are Not Enough: A Nutritional and Vitamin Guide for Older Adults



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## How to Select Your Pharmacy and Pharmacist



THE PETER LAMY CENTER  
 for Drug Therapy and Aging

## What's important when choosing a pharmacy?

- Convenient location
- Waiting time
- Delivery service
- Friendly, helpful staff
- Clean, neat, well-lit store
- Easy to move through aisles
- Comfortable waiting area
- Price and senior discount programs
- Accepts your prescription insurance
- Medicare billing



## What's important when choosing your pharmacist?

### Can you answer "Yes" to the following questions?

- Does the pharmacist take time to talk to you about your medicines?
- Are you getting the information you need to get the most benefit from your medicines?
- Does your pharmacist know you by name?
- Do you know the name of your pharmacist?
- Does the pharmacist put the reason for your medicine on the label, if asked to?
- If you cannot easily read the label, will the pharmacist give you written instructions?
- Will your pharmacist recommend a less expensive generic drug?
- Will your pharmacist help you keep an up-to-date list of all your medicines?
- Does the pharmacist call your doctor if there are any concerns about your prescriptions?
- Does your pharmacist teach you how to use special equipment, such as blood glucose meters, a blood pressure cuff or other devices?

**Once you find a pharmacy and a pharmacist you like, stick with them. That way the records of all your medicines will be in one place.**

## What health products and services can pharmacies provide?

### Health Promotion Programs

- Diabetes screening
- High blood pressure screening
- Cholesterol testing
- Immunization programs
- Glaucoma screening
- Community education programs

### Medical Equipment and Supplies

- Surgical supplies
- Canes, walkers and wheelchairs
- Braces and supports
- Home healthcare supplies
- Incontinence products
- Blood pressure cuffs
- Diabetes supplies
- Prefilled insulin syringes

### Nutritional Products

- Liquid and powdered supplements
- Vitamin and mineral preparations
- Herbal products

### Medicine Reminder Programs

- Pre-filled weekly pill box
- Phone call refill reminders