

# Ask the Pharmacist About Managing Medication

The pharmacist is the best source of information to help you get the most out of your medicine.

If you're taking more than one medicine, these tips will help you to better manage your medication.

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## MANAGING MULTIPLE MEDICATION

The more medications you are taking, the more important it is to organise a medication schedule.

- To help you keep track, keep a diary of all the medications that you are taking. Write down what each medication does for you.
- Write down when and how often to take each medicine. Do note whether the medicine should be taken with or without food.
- Find out what you should do if you forgot to take your medicine.

## SMART REMINDERS

Taking the exact dose of your medicine is important. To avoid missing a dose, especially on busy days, here are some ways to remind yourself to take your medicine.

- Incorporate taking your medicine with parts of your daily routine such as eating breakfast or before brushing your teeth at night.
- Use a pill box to organise your medication. Depending on your needs, you can opt for



one that goes by morning, afternoon, evening, night or by each day of the week.

- Place your medicine at a spot where you are sure to see it such as on the kitchen table or next to your cup.

## AVOID DRUG INTERACTIONS

The more medications you take, the higher your risk of getting a drug interaction. The following tips will help you to avoid drug interactions:

- Check the medication label on precautions.
- Inform your doctors and pharmacists on the medications you are taking as well as your supplements and herbal remedies.
- Ask the doctor or pharmacist if you should avoid any particular food, beverage and medication. **OH!**

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