

## How to Talk to Your Pharmacist

### What is a pharmacist?

Your pharmacist is a health professional who knows about medicines and how they are used to treat illnesses. This includes medicines that you buy without a prescription (over-the-counter) and some herbal and natural products too. Your pharmacist knows about side effects and what to do about them. They also know about mixing medicines together (drug interactions), medicines and pregnancy, and medicines and alcohol.

**Imagine – you walk up to the pharmacy counter and ask to speak with the pharmacist . . .**

### This works:

Know the name and spelling of the medicine you are asking about - maybe have it written down. That way, your pharmacist won't have to guess.

Pharmacists love being asked questions about medicines. Here are some opening questions that work.

"I have some questions about my medicine. Do you have a few minutes to talk with me now? Or, if you are really busy, could I phone or come in later?"

"Can I speak with you privately? I have some questions."

"I need some information about alcohol and some medicines. Can you help me? Is this a good time?"

Your pharmacist can be a very helpful person to you. Be clear on what you want. But, if your pharmacist can't answer your questions, ask another pharmacist! It is up to you to get what you need.

You can call your pharmacist and ask them a question over the phone like where you can get more information about your medication and how it affects your body and mind.

Name of Pharmacy:

Name of Pharmacist:

Phone Number:

