

➔ **Do I have...**

- |                      |                               |
|----------------------|-------------------------------|
| Arthritis            | Heart problems                |
| Bladder problems     | High blood pressure           |
| Breathing problems   | Low iron in my blood (anemia) |
| Cancer               | Pain                          |
| Circulation problems | Sleeping problems             |
| Constipation         | Stomach problems              |
| Depression           | Stroke                        |
| Diabetes             | High Cholesterol              |
| Diarrhea             | Other _____                   |

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postal Code \_\_\_\_\_

Phone Number \_\_\_\_\_

***Your Pharmacist works with your prescriber to help you get the most from the medication you take.***

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## Step 1 Am I Getting the Most from my Medication?



CANADIAN  
PHARMACISTS  
ASSOCIATION

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PHARMACIENS  
DU CANADA



**The Saskatchewan Medication Assessment Program is a chance to meet directly with your pharmacist to review all the medications you take and make sure you are getting the most from them.**

**Please check off the boxes.**

**➡ Do I have trouble...**

**yes no**

- Reading the label on my medication?
- Understanding the instructions on my medication?
- Opening the medication bottle?
- Using things like puffers, eyedrops, creams, patches, insulin, etc.?
- Swallowing medication?
- Remembering to take my medication?

**➡ Do I want to know more about...**

**yes no**

- The medication I am taking?
- Where to store my medication?
- How and when to take different kinds of medication?

**➡ Do I ...**

**yes no**

- Share my medication with family and friends?
- Drink beer, wine or liquor on days I take my medication?
- Sometimes change the amount of medication I am taking?
- Take nonprescription medication, vitamins, or herbal medicine without talking to my pharmacist or prescriber?
- Keep old bottles of medication, just in case I need them?

**Medications include: tablets, capsules, pills, liquids, puffers (inhalers), creams, patches, drops, etc. Some are prescribed and others you can buy off the shelf (e.g., vitamins or herbal products, cold, pain, stomach remedies).**

**➡ Do I forget...**

**yes no**

- The names of all the medications I am taking?
- What I am taking the medication for?
- What to do if I miss a dose?

**➡ Do I feel that...**

**yes no**

- I am taking too many medications?
- My medication is making me sick?
- My medication is not working?
- My medications are working against each other?

**➡ Do I ...**

**yes no**

- Have more than 3 medical conditions?
- Take medications 3 times a day or more?
- Take 3 or more different medications (including prescription and nonprescription)?

**If you answer yes to more than 3 questions you may benefit from a medication review. Government coverage may be available through the Saskatchewan Medication Assessment Program. Ask your pharmacist for details.**

