



My Personal Pharmacist Checklist

When meeting
with your personal pharmacist

Make an appointment

Talk with your pharmacist to find out when is a good time to discuss your concerns.

Be sure to bring:

1. A completed list of your Tracking My Support Network that can be found at [medicineshoppe.ca/caregiver](https://www.medicineshoppe.ca/caregiver).
2. Signed and completed Caregiver Consent Form that can be found at [medicineshoppe.ca/caregiver](https://www.medicineshoppe.ca/caregiver).
3. Confirm with your pharmacist what is required prior to attending the meeting.



Questions to ask at the pharmacy

- Are all of the patient's prescriptions up to date and noted in the file?
Is anything missing?
- Is it possible to transfer files from another pharmacy for myself, my family, and the person in my care?
- How can I do that?
- Are there any dangers in taking certain medications at the same time?
- How should the medication be taken?
- What kind of side effects or new symptoms should we watch for?
- Is there anything we can do to avoid or reduce the impact of any possible side effects?
- Is there any way you can help us manage the treatments (customized medication packaging, pill box organizers, reminder apps, online refill orders)?
- Can you add the patient's non-prescription products and supplements to their profile?
- How do I know if the medications are working?
- What other services are available at the pharmacy (blood tests, referrals, injection services, etc.)?
- What can I do if I don't feel comfortable or I'm nervous about giving medications to the person in my care?

Do you have the Medicine Shoppe APP
on your phone, tablet or computer?

Access your personal pharmacist online.

Download the Medicine Shoppe Canada app today!



Non-prescription medication

Condition	Over-the-counter medications		Natural health products		Supplements	
	Name	Dose/frequency	Name	Dose/frequency	Name	Dose/frequency

This checklist was created in partnership with Teva Canada, a global leader in generic and brand-name medicines.

Get more information and resources for caregivers at [medicineshoppe.ca/caregiver](https://www.medicineshoppe.ca/caregiver).

