

Annex 3: „Ask your pharmacist!”- patient information leaflet – text summary (English transcription)

Ask your pharmacist!

In some cases, even the simplest medication can be more complicated than you think, since you need a lot of knowledge to use your medicines safely and effectively. For example, there are some drugs that you should take with food while others before or after a meal. Some of them may make us sleepy, while others may make us very lively. Drinking coffee, alcohol and certain foods or even smoking can affect the way medicines work. Some medications have certain side effects, which may be troublesome but not a problem, while in other cases it is important to inform health care professionals.

We need medications in many cases. Based on a medical recommendation, we buy a prescription or non-prescription product at a pharmacy. In order for drugs to achieve their desired effect, we need to be informed about them. The following detailed information applies to all prescription and over-the-counter drugs. However, they do not replace the essential individual guides for each medicine. To know these, **ask your pharmacist** (who has the appropriate knowledge and electronic database) with confidence.

What you need to know about medicines...

Before you start to take your medicine, always tell your doctor or pharmacist about:

- Your prescription and over-the-counter medicines.
- Allergies and side effects associated with medications.
- If you are pregnant or breast-feeding.
- If you have any problems with your current medication (cannot take your medications properly)

If you are not able to answer the following questions about your medications, ask your pharmacist for help, as this knowledge is needed in order for your therapy to work best.

- What is the name of the medicine and what does it do?
- How often and how much should I take?
- When, how, and under what circumstances should I take it? Do I have to take it with or without food?
- Are there any foods or beverages (alcoholic beverages) to avoid while taking?
- How do I feel if the drug works and how if not?
- How long should I take? Can I quit earlier if I am better?
- What are the most common side effects? What should I do if I experience side effects?
- What should I do if I forget to take it once or more?
- Can I take other medicines at the same time?
- Is there an over-the-counter medicine that I cannot take with this medicine?
- Can I drive a car? Can I sunbathe while taking medication?
- Does the effect of my medicine change if I use it constantly?
- What happens if I do not use the medicine?
- How should I store my medicine?

Always keep an up-to-date list of your prescription and over-the-counter medications, strengths, and doses. Indicate your drug allergies, if you have any. Always show this card to your doctor or pharmacist to help prevent potential interactions and medication with the same active ingredient.

Always keep the following in mind when storing your medication:

- Keep your medication in one place.
- Keep your drugs out of the reach and sight of children.
- Keep your medicine in its original packaging. Except for the daily dose boxes, do not put more than one medicine in one container.
- Store your medication in a dry room at room temperature (15-25 ° C) unless otherwise stated. The kitchen or bathroom is not a good place because of the high humidity.
- Keep your medication away from heat and direct sunlight.
- Never leave your medication in the car.
- If you need to keep your medicine in the refrigerator, always keep it away from food and keep liquids from freezing.
- Keep an eye on the expiry date of your medicines. Deliver the expired product to the pharmacy.

What should you know about side effects?

Some medicines can have unwanted effects, called side effects. In case of side effects, consult a health care professional. Therefore, it is important for you to know what side effects your medications may have and what to do if you notice them. If you notice any unexpected side effects, tell your doctor or pharmacist.

Further important information about medication...

- To take your medicine safely, never take it in places where your eyesight is poor. Always read the name of the medicine and check the expiry date.
- If you are having trouble unpacking your drug, please inform your pharmacist.
- Tell your pharmacist if you have a problem taking your medicine or using the medication delivery device.
- Never give your prescribed medicine to anyone else, because they are assigned to your health problem that is not necessarily the same as the other person's therapy.
- Never take any medicine that you cannot identify or may not have the correct quality (cloudy solution, discolored tablets, etc.). Ask your pharmacist for help.
- Never wait until the last piece of medication has been used. Ask your doctor for an appointment on time.

Remember, to get the best results from your medicines, you need to use them correctly.

Feel free to ask your pharmacist.