

Taking Your Medication

Taking your medication is an important part of your treatment.

Taking your medication can help you:

- › avoid needing to go to the hospital.
- › recover faster.
- › keep up your health and wellness.

Some people stop taking their medication because:

- › They think they don't need it.
- › There are uncomfortable side effects.
- › It can be hard to keep track of several medications.
- › They may want to use alcohol or drugs that may affect their medication.
- › The medication is expensive.
- › They think it's OK to stop their medication when they feel better or their symptoms go away.
- › They feel unwell or think the medication is not working.

If these or any other issues concern you, please talk to your primary health care provider. **We can help you find solutions.**

Tips to help you take your medication

- It can take time for your medication to start working. Give your medication a chance to help you.
- Talk to your pharmacist or health care provider if you have side effects. They can often be helped, and some go away fully after a short time.
- Take your medication at the same time each day, as part of your daily routine.
- Talk to your primary health care provider about alcohol or drug use.
- Talk to your primary health care provider about how they can help you take your medication correctly.

- Medication comes in different forms (like tablets, capsules, liquid, and needles). Ask your pharmacist or primary health care provider if a different form may be right for you.
- There are different types of support that may help (like easier packaging, reminders, medication delivery, and automatic refills).

Consider the cost of your medication(s):

- Complete your income tax form each year so that you can apply for Pharmacare benefits.
 - › <https://novascotia.ca/dhw/pharmacare>
- Ask your primary health care provider if any of your medications need exception status. For more information visit:
 - › <https://novascotia.ca/dhw/pharmacare/exception-status-drugs.asp>

Ask your pharmacist or primary health care provider for help checking if your medications are eligible for coverage.

Taking your medication regularly means you are playing an active role in keeping up your health and well-being.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.