

# Working With Your Pharmacy

Your pharmacy is more than a place to get your medicines — it is a valuable resource in your community that you can access easily and quickly. If you are living with a chronic condition, your pharmacist can help you learn how to manage your condition more easily and make sure you are getting the most out of your treatment. Speak to your pharmacist about your health and treatment plan right at the counter where you pick up your medicines.



## How can your pharmacy help?

Your pharmacy has knowledgeable staff who understand your diabetes and the medicine that treats it. They can help you by:

- Answering questions related to your medicines and diabetes supplies
- Filling your prescriptions, reminding you of upcoming pickups and letting you know when you are out of refills
- Reviewing all your medicines and creating a single list, including dosages and instructions, to help you keep track of them
- Recommending less expensive options for your medicines and supplies, when possible
- Helping you communicate with your health insurance company and health care provider
- Giving you the influenza (flu), zoster (shingles), tetanus-containing (Td or Tdap), and pneumococcal (pneumonia) vaccines when needed and referring you to a provider for the hepatitis B vaccine, which is recommended for people with diabetes
- Making sure your prescription labels and education materials are printed in your preferred language
- Recommending preventative care products, such as safe socks for you to use
- Helping you plan for times when you are away from home, so that you can keep taking your medicines without any breaks

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## Make the Most of Your Meeting With Your Pharmacist

Write down questions you have for your pharmacist ahead of time. You can bring this document with you to the pharmacy and write down any answers or notes in the right column.

<p><b>Why do I need to take these medicines?</b></p>	
<p><b>Is there a less expensive medicine or blood sugar meter that would work as well?</b></p>	
<p><b>What are the possible side effects of my medicines, and how can I deal with them? Do any side effects need immediate medical attention?</b></p>	
<p><b>Do any of my over-the-counter medicines, vitamins or herbs interact with my other medicines?</b></p>	
<p><b>Can I stop taking any of my other medicines?</b></p>	
<p><b>Am I taking my medicines in the right order and at the right time of day (for example, before or after meals)?</b></p>	
<p><b>What can I do if I cannot afford my medicine?</b></p>	
<p><b>Sometimes I forget to take my medicine. What should I do when I remember?</b></p>	
<p><b>How can I better remember to take my medicine?</b></p>	
<p><b>Can you help me check my blood sugar?</b></p>	