



GLOBAL HEALTH PHARMACY

ASK YOUR GLOBAL HEALTH PHARMACIST

News from your Global Health Education Center

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MAKING YOUR MEDICATIONS WORK BETTER

PROPER USE OF YOUR MEDICATIONS:

If you do not understand how to take your medications correctly, **Ask Your Global Health Pharmacist!** Taking your medication properly will make you better, keep you away from doctor offices and/or hospitals and will definitely reduce your out of pocket expense and costs.

DOSAGE OF YOUR MEDICATIONS:

Always take your medications as directed/instructed by your Doctor or Your Global Health Pharmacist. If you have any questions on the SHAPE, SIZE, COLOR, STRENGTH or What Time of the day / how many times a day to take your medication, ask your Global Health Pharmacist. Do not change the way you take your medications without first consulting/discussing with your Global health Pharmacist.

Examples:

- 1) *Plavix 75mg tablet: Take this medicine by mouth with or without food.*
 - *Take it on a regular schedule to get the most benefit from it.*
 - *Do not stop taking this medicine without talking with your Doctor or Pharmacist.*
 - *If you miss a dose, take it as soon as possible. But if it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule.*
 - *Do not double the dose or take 2 doses at once. This may increase the risk of heart problems.*

- 2) *Metoprolol ER 50mg tablet: Take this medicine by mouth either always with food or immediately following a meal, at the same time each day.*
 - *Swallow whole. Do not break, crush, or chew before swallowing.*
 - *Non ER Brand of this medicine may be broken.*
 - *If you have difficulty swallowing the whole tablet, ask your Pharmacist.*
 - *If you miss a dose, take it if you remember the same day. If you do not remember until the next day, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.*
 - *If you miss more than one dose, check with your Doctor or Pharmacist.*



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3) Novolog Mix 70/30 Insulin:

- Use this medicine within 15 minutes before meals, unless directed otherwise by your Doctor or Pharmacist.
- Carefully shake or rotate the cartridge or prefilled syringes before each injection. This will ensure that the contents are evenly mixed.
- This combination insulin should look uniformly cloudy or milky.
- Do not use if it contains particles, is discolored, or if the container is cracked or damaged.
- Inject under the skin (subcutaneously). Not deep under the skin, NOT into a vein or muscle.
- Injection sites (abdomen, buttock, thigh, upper arm) must be rotated from one injection to the next.
- Do not inject into skin that is red, swollen or itchy.
- If you have questions about measuring and preparing your dose, contact your Doctor or Pharmacist.
- It is important to follow your insulin regimen exactly. DO NOT miss any doses.

COMPLIANCE WITH YOUR MEDICATIONS:

Compliance is taking your medicines correctly, on time or as directed by your doctor or Global Health Pharmacist. Skipping doses of your medications or stopping your medications because you “feel better” or to “save money” provides you no benefits and can land you in the hospital. Compliance will save you on cost and provide maximum benefits to your health now and in the future. Above all, compliance will prevent future health problems that could be more costly or expensive in treating.

GENERIC VS BRAND NAME MEDICATIONS:

Ask your Global Health Pharmacist if there is a generic version of the medication you are taking. Generic Medications are usually less expensive than brand name medications, and have been judge therapeutically equivalent by the Food and Drug Administration (FDA). Your Global Health Pharmacist is ready to answer any question or concern you may have about you medicines.

SIDE EFFECTS

Understanding the side effects of the medicines you are taking is a key component to making your medicines work better for you. It will help you report problems early and receive care before they become cumbersome or serious. Your Global Health Pharmacist can tell you all about the side effects of your medicines, how likely they are to occur, and how long they can last. Tell your Global Health Pharmacist about any side effects you experience when taking your medications.



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ALLERGIES

Allergies to medicines are concerns your Global Health Pharmacist takes seriously. Before dispensing and handling your medicines, your Global Health Pharmacist checks to see if there may be any allergies. Before you use your medicines, your Global Health Pharmacist recommends that you tell your pharmacist if you have any known allergies or medical conditions.

YOUR MEDICATION COST

To cut down on the amount of money you spend per visit to a pharmacy, discuss with your Global Health Pharmacist the option of obtaining smaller quantities – perhaps 30 tablets instead of 60. To reduce the amount of money you spend per dose of your medication, discuss with your Global Health Pharmacist obtaining larger quantities – for example, two or three months' supply instead of one.

Remember, not all medications are appropriate for quantity adjustments; but if possible, those adjustments can help fit your prescription order to your needs. In any case, discuss the options with your Global Health Pharmacist and make sure that your insurance will cover the option you choose.

BE CAUTIOUS WHEN BUYING IN LARGE QUANTITIES

- Having large quantities of your medications at home can sometimes lead to overmedication or waste due to medication change.
- Be sure to store your medications properly in a dark, cool, and dry location. Do not store medications where temperatures can get extremely hot or cold – like a bathroom medicine cabinet or car. The humidity in the bathroom or car can alter the effectiveness of your medication.

Discard medications that are old; check the expiration date on all your medications. If you cannot determine or locate the expiration date, take the medication to your Global Health Pharmacist to determine if it can be used safely and effectively. Do not use medications that have expired.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.