

To get the most out of your MedsCheck review, bring your health card and a list of:

- All prescription and non-prescription (over-the-counter) medications that you take (e.g. Allergy, pain, cold medications, etc.).
- All ointments, creams, lotions, inhalers, eye/ear drops, patches that you use.
- All natural health products such as vitamins and herbal products that you use.
- Any questions you may have.

After the MedsCheck review, you will receive an updated MedsCheck Personal Medication Record that you can bring to your health appointments or to the hospital.

Your pharmacist will share your MedsCheck record in complete confidence with the doctor or nurse practitioner who prescribes most of your medications. They can also share it with other health care providers if requested.

PHARMACY NAME

MEDICATION SHOULDN'T BE CONFUSING

Welcome to MedsCheck

MedsCheck is a free 20–30 minute private consultation with your pharmacist to review all the medication you take including non-prescription (over-the-counter) medications, and natural health products.

Who qualifies for a MedsCheck:

Ontario residents with a valid Ontario Health Card who are **taking at least 3 prescription medications** for **chronic conditions** qualify for MedsCheck.

MedsCheck for Diabetes:

If you are **living with type 1 or type 2 diabetes**, you also qualify for an annual MedsCheck that includes: training on the use of diabetic devices and supplies, as well as education and advice on lifestyle changes.

MedsCheck at Home:

If you are unable to visit your local pharmacy due to a physical or mental health condition, you may qualify for the **MedsCheck at Home** program.

MedsCheck LTC:

If you reside in a **Long-Term Care Home**, a local pharmacist will complete an in-house MedsCheck every 3 months in collaboration with the LTC health team.

MedsCheck

PATIENT SELF-ASSESSMENT

If you take 3 or more medications or if you have type 1 or type 2 diabetes, and answer “yes” to any of the following questions, you may benefit from a MedsCheck medication review with a pharmacist at your local pharmacy.

DO I WANT TO KNOW MORE ABOUT...

- The medication I am taking?
- Where to store my medication?
- How and when to take different kinds of medications?
- Lifestyle modifications that can work alongside my medications?
- Impact of drinking alcohol or using recreational drugs with my medications?
- What I do if I miss a dose?
- Taking non-prescription medications, vitamins, or herbal medication?
- What to do with old bottles of medication?
- The impact of changing the amount of medication I take?
- Managing my diabetes?

DO I HAVE TROUBLE WITH...

- Reading the label on my medications?
- Understanding the instructions on the labels?
- Opening the medication bottle?
- Using things like puffers, eye-drops, nose sprays, creams, patches, insulin, etc.?
- Swallowing medication?

- Remembering to take my medication or what the medications are for?
- Remembering the names of all the medications I am taking?

DO I FEEL THAT...

- I am taking too many medications?
- My medication is making me sick or dizzy?
- My medication is not working?
- My medications are working against each other?

FEEL FREE TO SHARE YOUR QUESTIONS WITH YOUR PHARMACIST.

Please speak with a member of your pharmacy team about arranging a MedsCheck appointment that will work best for you.

For questions about the MedsCheck program,
please call 1-866-255-6701 or TTY 1-800-387-5559
Or visit ontario.ca/medscheck