

NSLAP WELLNESS TIP: Getting the most from medication

The following is an article excerpt from Homewood Human Solutions™, your health and wellness provider.

Many of today's medications are so effective and have so few side effects that most people can take them without any interference of their daily activities or their ability to work. The key is that the medication is necessary, it is prescribed properly and the prescribing professional monitors it.

To ensure you get the maximum benefit from your medication, ask your doctor and/or pharmacist the following questions.

Ask the following questions:

- How often do I have to take my medication and when do I need to take it?
- What do I do if I forget to take a dose?
- Are there any special dietary restrictions I need to know about?
- What are the most common side effects that I may experience – will I be tired or hungry?
- Can I drink alcohol while taking this medication?
- How will I know if the medication is working?
- How long do I have to take this medication?
- Are there any other medications that I cannot use while taking this one?
- What is the cost?
- Is there a cheaper alternative?

Note: If safety is a concern (e.g., operating heavy machinery) mention this to the prescribing doctor or pharmacist and get their advice. Some workplaces require that you report medication use to someone if safety is of concern.

*For additional information, support, resources and counseling on health and wellness, visit the NSLAP website at www.nslap.ca. Please note that **NSLAP** is your “company” name when you register. When you call the NSLAP number at **1-866-299-1299**, (Français: 1-866-398-9505; TTY: 1-888-384-1152) Your call will be answered any time, day or night, 365 days per year.*