Pharmacy Services
&
Medication Safety

Sherry Yu
PharmD Candidate of 2014
MCPHS University
Manchester, NH

Funded by Community Pharmacy Foundation
What is a Pharmacy?

• Pharmacy is where you buy medicine
• Examples:

![CVS Pharmacy](image1)
![Rite Aid](image2)
![Walgreens](image3)
![Hannaford](image4)
![Target](image5)
![Walmart](image6)
Medication

Prescription Medicine

Over-the-counter (OTC) Medicine

Prepared by S. Yu, PharmD Candidate 2014, MCPHS University
At my doctor’s office

My doctor gives me a prescription for medicine. The medicine will help me feel better, but “what is a prescription?”
A Prescription

Massachusetts College of Pharmacy
1260 Elm Street
Manchester, NH 03101

DEA#: AR3432539
NAME: Jane Smith    DOB: 7/10/1950    DATE: Today
ADDRESS: 100 Main Street, Manchester, NH 03101

Rx:

AMOXICILLIN 500mg
#30
QD

REFILLS: 3
PHYSICIAN'S SIGNATURE _____J. Jackson______________
INTERCHANGE IS MANDATED UNLESS PRACTITIONER WRITES THE WORDS "NO SUBSTITUTION" IN THIS SPACE.

Prepared by S. Yu, PharmD Candidate 2014,
MCPHS University
Getting Your Prescription Medication

• Drop off Window – What to bring with you
  – Prescription
  – ID
  – Insurance card

• Questions you may be asked
  – Date of birth
  – Address, phone number
  – Allergies to medications

• Questions to ask
  – When can I pick up my medicine?
  – Can you print a label in my native language?
Getting Your Prescription Medication

• Pick up window
  – Ask to talk to a pharmacist if you have questions
  – If you don’t understand the information, or the pharmacist is not understanding you, please ask for an interpreter

• Questions to ask....
  – Should I take this medicine with food?
  – Is it safe to drive after taking this medicine?
  – What should I do if I forget to take it?
  – What side effect can I expect from this medicine?
Getting Your Prescription Medication

• Pick up medicine for your family members—what to bring with you
  – Your family member’s name and date of birth
  – Your ID
  – Phone number
  – Address
<table>
<thead>
<tr>
<th>Massachusetts College of Pharmacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1260 Elm Street</td>
</tr>
<tr>
<td>Manchester, NH 03101</td>
</tr>
<tr>
<td>(800)-888-8168</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RX# 123456</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jane Smith</td>
</tr>
</tbody>
</table>

Take 1 tablet by mouth every day

<table>
<thead>
<tr>
<th>Amoxicillin 500 mg</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>NDC: 00123-4567-89</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watson</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qty: 30  Refills: 3  until 7/10/2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>RPh: SY</td>
</tr>
<tr>
<td>Exp: 7/10/2013</td>
</tr>
</tbody>
</table>
Getting Your **Over-the-counter (OTC)** Medication

- You do not need a prescription from your doctor
- You can ask a pharmacist for recommendations
- Throw away any medicines that are past the expiration date

### Over-the-Counter (OTC) Drug Label Example

#### Drug Facts

- **Active ingredient (in each 5 mL)**
  - **Dextromethorphan** polistirex equivalent to 30 mg dextromethorphan hydrobromide

#### Uses

- Temporarily relieves cough due to minor throat and bronchial irritation as may occur with the common cold or inhaled irritants
- The impulse to cough to help you get sleep

#### Directions

- Shake bottle well before use
- Measure only with dosing cup provided
- Do not use dosing cup with other products
- Dose as follows or as directed by a doctor
- $mL = \text{milliliter}$

<table>
<thead>
<tr>
<th>Group</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and children 12 years and over</td>
<td>10 mL every 12 hours, not to exceed 20 mL in 24 hours</td>
</tr>
<tr>
<td>Children 6 to under 12 years of age</td>
<td>5 mL every 12 hours, not to exceed 10 mL in 24 hours</td>
</tr>
<tr>
<td>Children 4 to under 6 years of age</td>
<td>2.5 mL every 12 hours, not to exceed 5 mL in 24 hours</td>
</tr>
<tr>
<td>Children under 4 years of age</td>
<td>Do not use</td>
</tr>
</tbody>
</table>

Prepared by S. Yu, PharmD Candidate 2014, MCPHS University
Home Medication List

• List all prescription and over-the-counter medications such as vitamins, herbals, aspirin, Tylenol®, Advil®
• Keep the list with you to all doctor visit, hospital visit, grocery shopping, traveling
• Update the list as your medication changes
• Keep this list with you at all times

Prepared by S. Yu, PharmD Candidate 2014, MCPHS University
## Home Medication List

### Prescription Drug Label Example

<table>
<thead>
<tr>
<th>MCPHS Pharmacy</th>
<th>1260 Elm Street</th>
<th>Manchester, NH 03101</th>
<th>(800)-888-8168</th>
</tr>
</thead>
<tbody>
<tr>
<td>RX# 123456</td>
<td>Date: 7/1/2013</td>
<td>Jane Smith</td>
<td>Dr. M. Jackson</td>
</tr>
<tr>
<td>Jane Smith</td>
<td></td>
<td>123 Main Street, USA</td>
<td></td>
</tr>
</tbody>
</table>

**TAKE ONE TABLET BY MOUTH**
**THREE TIMES DAILY FOR DIABETES**

<table>
<thead>
<tr>
<th>Metformin</th>
<th>500 mg</th>
<th>Tablet</th>
<th>Qty: 90</th>
<th>Refills: 0 until 7/10/2013</th>
<th>NDC: 00123-4567-89</th>
<th>Discard after: 8/10/2013</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>What I am taking</th>
<th>Strength</th>
<th>How Many &amp; How Often</th>
<th>Reason for Use</th>
<th>When started</th>
<th>Notes or special directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>500 mg</td>
<td>1 tablet 3 times/day</td>
<td>Diabetes</td>
<td>7/1/2013</td>
<td></td>
</tr>
</tbody>
</table>

Prepared by S. Yu, PharmD Candidate 2014, MCPHS University
### Over-the-Counter (OTC) Drug Label Example

**Drug Facts**
- **Active ingredient (in each 5 mL)**
  - Dextromethorphan, polistirex equivalent to 30 mg dextromethorphan hydrobromide
- **Purpose**
  - Cough suppressant

**Uses**
- Temporarily relieves:
  - Cough due to minor throat and bronchial irritation as may occur with the common cold or inhaled irritants
  - The impulse to cough to help you get sleep

**Directions**
- Shake bottle well before use.
- Measure only with dosing cup provided.
- Do not use dosing cup with other products.
- Dose as follows or as directed by a doctor.
- mL = milliliter

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Dosage</th>
<th>Notes or special directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults and children 12 years and</td>
<td>10 mL every 12 hours, not to exceed 20 mL in 24 hours</td>
<td></td>
</tr>
<tr>
<td>over</td>
<td></td>
<td>examples using labels above</td>
</tr>
<tr>
<td>Children 6 to under 12 years of</td>
<td>5 mL every 12 hours, not to exceed 10 mL in 24 hours</td>
<td></td>
</tr>
<tr>
<td>age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children 4 to under 6 years of</td>
<td>2.5 mL every 12 hours, not to exceed 5 mL in 24 hours</td>
<td></td>
</tr>
<tr>
<td>age</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children under 4 years of age</td>
<td>Do not use</td>
<td></td>
</tr>
</tbody>
</table>

### What I am taking

<table>
<thead>
<tr>
<th>Drug</th>
<th>Strength</th>
<th>How Many &amp; How Often</th>
<th>Reason for Use</th>
<th>When started</th>
<th>Notes or special directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metformin</td>
<td>500 mg</td>
<td>1 tablet 3 times/day</td>
<td>Diabetes</td>
<td>7/1/2013</td>
<td></td>
</tr>
<tr>
<td>Dextromethorphan</td>
<td>30 mg/5 mL</td>
<td>10 mL every 12 hours</td>
<td>Cough Suppressant</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Prepared by S. Yu, PharmD Candidate 2014, MCPHS University
Medication Safety

• What is in a teaspoon......