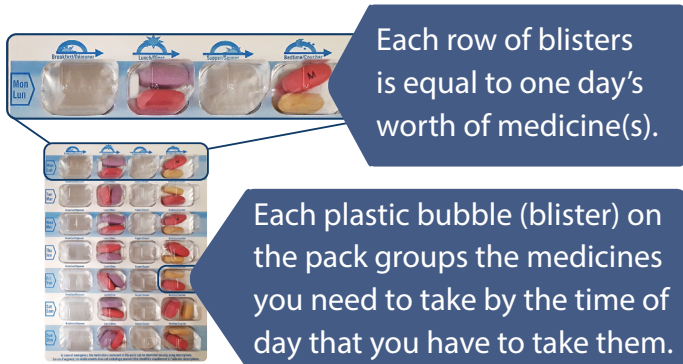


Blister Packs

What is a blister pack?

A **blister pack** is a special way a pharmacy can pack the medicines you take.



Why should I use a blister pack?

The following are some benefits to organizing your medicines in blister packs:

- It can help you remember to take your prescription medicines at the proper time.
- It is a safe way to know that you took your medicines, as prescribed.
- It ensures you do not miss a dose of your prescription medicines, which can be a health risk.
- It ensures you do not take a double dose.
- It can prevent certain types of medicine mistakes.
- It is more convenient than having multiple bottles of medicines.
- It can store easily.
- It helps you keep your independence.

How do I use blister packs safely?

- Always check the label on your new pack to make sure your name is on the label and the medicines listed are the ones you were expecting.
- Make sure you can read the words printed on the blister pack (such as "Mon" or "Lunchtime").
- Know the medicines you take - the names, what they look like, and when you should take them.
- Before starting a new blister pack, check the appearance of the items in each blister. Check one row at a time to make sure they all look correct.
- If you have any concerns, call your pharmacy before taking any of the medicines in the blister pack.
- Take the medicines in each blister at the scheduled time. If you forgot to take medicines from one blister, call your pharmacist to ask what you should do. **Do not** take 2 blisters (2 doses) together to make up for the dose you forgot to take.
- Do not take medicines from more than one blister pack at the same time. This can lead to higher chance of errors.

© 2020 Humber River Health. All rights reserved. The information provided in this handout is for educational purposes. It does not replace the advice or specific instructions from your doctor, nurse, or other healthcare provider. Do not use this information to diagnose or treat. If you have questions about your own care, please speak with your healthcare provider.

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.