Over-the-Counter Advice

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Many people bolt from their pharmacy as soon as they get their medications in hand. But you might be missing out on a valuable resource: your pharmacist.

To get the most out of pharmacy visits:
Fill all of your prescriptions in one place. The pharmacy database tracks your medications and possible drug interactions. Manouchkathe Cassagnol, PharmD, pharmacy professor at New York's St. John's University, says that if you end up in the ER, the doctor can then call one pharmacist to learn everything you're taking.

For more face time, schedule an early-morning talk or when another pharmacist is on duty.

Mention every drug and supplement you're taking, plus diet changes, which can all affect your reaction to medications.

If necessary, request a few days' worth of emergency meds between visits.

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