

MEDICATION INFORMATION

What you need to know after a stroke

Check with your Doctor

- **Always check with your doctor or pharmacist before taking an over the counter medication**
 - Some drugs including antacids, salt substitutes, and allergy pills can worsen conditions
 - Decongestants and other cough and cold medications can sometimes increase blood pressure
- **Avoid stopping a medication without talking to your doctor**
 - Do not stop taking medications because your blood pressure is normal
 - Adverse effects can occur from stopping a medication



The Ontario government supports a program where you can discuss your prescriptions with a pharmacist to ensure safe use of all of your medications. Your OHIP card is required to use this service. For more information visit: <https://www.ontario.ca/page/take-your-medication-safely>

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BLOOD PRESSURE MEDICATION

Type of Blood Pressure Medication	Some Examples	How it Lowers Blood Pressure
Beta Blockers	Metoprolol, Atenolol	Slows and relaxes the heart
Calcium Channel Blockers	Diltiazem (Cardizem) Amlodipine (Norvasc)	Opens up blood vessels
Diuretics (Water pills)	Hydrochlorothiazide Furosemide (Lasix)	Gets rid of extra fluid and decreases the work of heart
ACE inhibitors	Ramipril (Altace) Perindopril (Coversyl)	Relaxes blood vessels
Angiotensin Receptor Blockers (ARBs)	Losartan (Cozaar, Irbesartan (Avapro)	Relaxes blood vessels

BLOOD THINNERS

Types of Blood Thinners	Examples	How it helps
Anti-coagulants	Warfarin (Coumadin) Dabigatran (Pradaxa) Rivaroxaban (Xarelto)	Helps prevent blood clotting and harmful clots forming in blood vessels (lower risk of stroke)
Antiplatelet Agents	Acetylsalicylic acid (ASA) Clopidogrel (Plavix) Dipyridamole (Persantine)	To reduce the risk of harmful blood clots forming in the body

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CHOLESTEROL MEDICATION

Cholesterol Lowering Medications (Statins)	About Statins	Possible Side Effects
Rosuvastatin (Crestor) Pravastatin (Pravachol) Simvastatin (Zocor) Atorvastatin (Lipitor)	Works by preventing the liver from producing too much cholesterol	<ul style="list-style-type: none">• Some potential side effects of statins can include:<ul style="list-style-type: none">• Headaches• Nausea• Heartburn• Constipation• Gas/stomach cramps• Diarrhea• Other side effects can include muscle weakness & muscle/joint pain. Notify your doctor if these symptoms occur• Side effects are usually lessened if medication is taken with food

IMPORTANT REMINDERS: PAYING FOR MEDICATION

- Report any side effects
- Know your medications
 - Keep a list in your wallet
- Take your medications as directed
 - Setting a routine or using blister packs can help
- If you are traveling:
 - Have your medication in your carry-on
 - Bring a copy of your 12 lead ECG if available

- In Hospital:
 - Paid for by provincial health plan (OHIP)
- Outside of Hospital:
 - May be covered by government drug benefit or private plans
 - Out of pocket
 - If you require financial assistance a social worker, pharmacist, or health insurance rep may be able to assist you

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YOUR PRESCRIPTION

During the current COVID-19 pandemic it is still important that you continue to take your medications as prescribed unless otherwise instructed by your doctor.

Many Pharmacies offer services and have implemented policies to help you get the medications you need and stay safe. There are special operation hours, prescription delivery and online prescription refill services.

SHOPPERS DRUG MART

- The 1st hour of operation everyday is seniors only & 20% off for seniors during that hour
- Online prescription refill
- Delivery options available

REXALL

- The 1st hour of operation everyday is for customers 55+
- Online prescription refill & delivery available via Rexall direct

WAL-MART

- The opening hour of stores is exclusively for seniors (65+), and persons with disabilities or vulnerable conditions

COSTCO

- Tuesdays, Wednesdays, and Thursdays from 8am to 9am are special operation hours for members who are 60+ or who have a physical disability