

# Canada Pharmacy Technician Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. What is the recommended daily intake of fiber for adults?**
  - A. 15 to 20 grams**
  - B. 20 to 25 grams**
  - C. 25 to 30 grams**
  - D. 30 to 35 grams**
  
- 2. What is the amount of iron contained in a 300 mg tablet of ferrous gluconate?**
  - A. 60 mg**
  - B. 35 mg**
  - C. 99 mg**
  - D. 50 mg**
  
- 3. In which scenario does a patient lack the necessary information for informed decision-making?**
  - A. When the doctor explains all treatment options**
  - B. When the patient reads the medication leaflet**
  - C. When the doctor is rushed and fails to inform the patient**
  - D. When the patient has previously taken the medication**
  
- 4. Which of the following products can be safely taken by pregnant women for heartburn and acid reflux?**
  - A. bismuth subsalicylate**
  - B. aluminium hydroxide**
  - C. aspirin**
  - D. lansoprazole**
  
- 5. When receiving refrigerated or frozen products, what is the first step that should be taken?**
  - A. Check the delivery schedule**
  - B. Unpackaged them immediately to maintain the cold chain**
  - C. Document the temperature upon arrival**
  - D. Place them in the storage area without unpacking**

- 6. What is the main intention behind using vaccines?**
- A. To alleviate symptoms**
  - B. To cure diseases**
  - C. To prevent diseases**
  - D. To replace medications**
- 7. Emulsions are dosage forms that contain a mixture of which two components?**
- A. Oil and water**
  - B. Solid and liquid**
  - C. Gas and liquid**
  - D. Water and alcohol**
- 8. In the case of an administration error, what is the first step that pharmacy technicians should take according to nonmaleficence?**
- A. Notify the patient only**
  - B. Hide the error from management**
  - C. Admit the mistake and inform the healthcare team**
  - D. Delay action until further investigation**
- 9. How is the inventory turnover rate (TOR) calculated?**
- A. Annual sales divided by average inventory**
  - B. Annual purchases at cost divided by average on-hand inventory**
  - C. Average inventory divided by total sales**
  - D. Annual purchases divided by total expenses**
- 10. What is the only drug approved for treating hypertension during pregnancy?**
- A. Labetalol**
  - B. Hydralazine**
  - C. Methyldopa**
  - D. Nifedipine**



## **Answers**

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1. C
2. B
3. C
4. B
5. B
6. C
7. A
8. C
9. B
10. C

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## **Explanations**

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**1. What is the recommended daily intake of fiber for adults?**

- A. 15 to 20 grams
- B. 20 to 25 grams
- C. 25 to 30 grams**
- D. 30 to 35 grams

The recommended daily intake of fiber for adults is approximately 25 to 30 grams, which is reflected in the choice you selected. This amount is based on dietary guidelines that emphasize the importance of fiber for overall health, particularly in supporting digestive health, regulating blood sugar levels, and reducing the risk of chronic diseases such as heart disease and type 2 diabetes. Fiber is categorized into two types: soluble and insoluble. Both types play crucial roles in maintaining health. Soluble fiber helps to lower cholesterol levels and regulate blood sugar, while insoluble fiber aids in digestion and promotes regular bowel movements. Meeting the daily fiber intake not only contributes to these health benefits but also enhances satiety, helping to manage body weight. The lower options in the choices do not meet the current recommendations and may not provide the necessary health benefits associated with adequate fiber intake. On the higher end, while more fiber can be beneficial, exceeding the recommended amounts may lead to digestive discomfort if not introduced gradually into the diet. This balance emphasizes finding an intake level that supports health without causing adverse effects.

**2. What is the amount of iron contained in a 300 mg tablet of ferrous gluconate?**

- A. 60 mg
- B. 35 mg**
- C. 99 mg
- D. 50 mg

Ferrous gluconate is a compound that contains iron, which is essential for various bodily functions, including the formation of red blood cells. The specific amount of elemental iron that is contained in ferrous gluconate can be determined by understanding its composition. Ferrous gluconate typically contains about 12% elemental iron by weight. Therefore, in a 300 mg tablet of ferrous gluconate, you would calculate the amount of elemental iron as follows:  $300 \text{ mg (tablet weight)} \times 0.12 \text{ (percentage of iron)} = 36 \text{ mg of iron}$ . The most accurate answer based on common rounding in pharmaceutical calculations is 35 mg, which is why it is the correct answer. The other amounts mentioned in the options do not reflect the typical concentration of elemental iron in ferrous gluconate. For instance, values like 60 mg, 99 mg, and 50 mg exceed what would be expected based on the 12% composition rule, indicating a misunderstanding of the iron content in this specific salt form. Proper knowledge of the percentages and weight conversions is crucial in pharmacotherapy, especially when dosing iron supplements.

- 3. In which scenario does a patient lack the necessary information for informed decision-making?**
- A. When the doctor explains all treatment options**
  - B. When the patient reads the medication leaflet**
  - C. When the doctor is rushed and fails to inform the patient**
  - D. When the patient has previously taken the medication**

A patient lacks the necessary information for informed decision-making in situations where effective communication between the healthcare provider and the patient breaks down. When a doctor is rushed and does not take the time to inform the patient about their diagnosis, treatment options, risks, and benefits, the patient may leave the consultation without a clear understanding of their health situation or the implications of the proposed treatments. This absence of thorough explanation prevents the patient from making an informed choice regarding their healthcare, as they are not fully aware of all relevant information. In contrast, when a doctor takes the time to clearly explain all treatment options, or when a patient actively engages with educational materials such as medication leaflets, they are more likely to understand their situation and the available options. Additionally, if a patient has previously taken a medication, they are likely to have some background knowledge about its effects and usage, which contributes positively to their ability to make informed decisions.

- 4. Which of the following products can be safely taken by pregnant women for heartburn and acid reflux?**
- A. bismuth subsalicylate**
  - B. aluminium hydroxide**
  - C. aspirin**
  - D. lansoprazole**

Aluminium hydroxide is considered a safe option for managing heartburn and acid reflux in pregnant women. It works as an antacid, neutralizing stomach acid and providing relief from symptoms like heartburn and indigestion. The safety of aluminium hydroxide during pregnancy is supported by its minimal systemic absorption, which means it is unlikely to reach the fetal circulation in significant amounts. Because it has a long history of use during pregnancy, healthcare providers often recommend it as a suitable treatment option. In contrast, other choices may pose risks. Bismuth subsalicylate contains salicylate, which is generally avoided during pregnancy due to potential risks of bleeding or other complications. Aspirin is also contraindicated during pregnancy, particularly in the third trimester, due to similar concerns about bleeding and its effect on fetal development. Lansoprazole is a proton pump inhibitor that, while sometimes prescribed, might be approached with caution in pregnancy depending on individual circumstances and potential risks versus benefits.

**5. When receiving refrigerated or frozen products, what is the first step that should be taken?**

- A. Check the delivery schedule**
- B. Unpackaged them immediately to maintain the cold chain**
- C. Document the temperature upon arrival**
- D. Place them in the storage area without unpacking**

The first step when receiving refrigerated or frozen products is to unpack them immediately to maintain the cold chain. This is crucial because temperature-sensitive products can easily reach unsafe temperatures if not handled properly upon arrival. By unpacking the items right away, the pharmacy technician ensures that these products remain at the appropriate temperature, reducing the risk of spoilage or degradation, which can occur if they are left in a warmer environment for an extended period. In the context of handling pharmaceuticals, maintaining the integrity of these products is essential for patient safety and efficacy. If products are not unpacked promptly, they may experience temperature fluctuations that could compromise their quality, leading to potential health risks for patients. Other choices, such as checking the delivery schedule, documenting the temperature upon arrival, or placing items in the storage area without unpacking, involve important steps but should follow the immediate action of ensuring that temperature-sensitive products are properly managed as soon as they arrive. The priority is to maintain the cold chain to prevent any negative impact on product viability.

**6. What is the main intention behind using vaccines?**

- A. To alleviate symptoms**
- B. To cure diseases**
- C. To prevent diseases**
- D. To replace medications**

The main intention behind using vaccines is to prevent diseases. Vaccines work by stimulating the immune system to recognize and combat specific pathogens, such as viruses or bacteria. When a vaccine is administered, it introduces a harmless component of the pathogen (like a weakened or inactive form of the germ, or a piece of its genetic material), which helps the immune system to develop a memory for that pathogen. As a result, if the individual is later exposed to the actual disease-causing organism, their immune system can respond more effectively and rapidly to prevent infection or reduce the severity of the disease. While alleviating symptoms, curing diseases, or replacing medications may be important aspects of medical care, they do not represent the primary goal of vaccination. Vaccines aim specifically to prevent the onset of diseases by equipping the immune system with the tools necessary to fight infections more effectively, thereby reducing the incidence of disease and improving public health outcomes.

**7. Emulsions are dosage forms that contain a mixture of which two components?**

**A. Oil and water**

**B. Solid and liquid**

**C. Gas and liquid**

**D. Water and alcohol**

Emulsions are indeed a type of dosage form that involves a mixture of oil and water. This combination is essential in the formulation of emulsions, as they are designed to disperse one liquid (the oil) into another (the water) in a stable manner. In pharmaceutical applications, emulsions can be utilized for various purposes, including enhancing the solubility of hydrophobic drugs, improving palatability in oral medications, and enabling the creation of topical preparations. The stability of an emulsion relies on the use of emulsifying agents, which help to keep the dispersed phase (oil) evenly distributed throughout the continuous phase (water), preventing separation. The unique properties of emulsions allow for better absorption and delivery of certain medications compared to their separate components. Other combinations listed in the choices do not accurately reflect the definition of an emulsion. The mixture of solid and liquid typically refers to suspensions, gas and liquid combinations are not classified as emulsions, and while water and alcohol can be mixed, they do not create an emulsion in the same sense as oil and water do. Thus, the identification of oil and water as the key components of emulsions is an important concept in pharmacy practice and formulation science.

**8. In the case of an administration error, what is the first step that pharmacy technicians should take according to nonmaleficence?**

**A. Notify the patient only**

**B. Hide the error from management**

**C. Admit the mistake and inform the healthcare team**

**D. Delay action until further investigation**

The first step that pharmacy technicians should take in the event of an administration error, guided by the principle of nonmaleficence, is to admit the mistake and inform the healthcare team. Nonmaleficence is a key ethical principle in healthcare that emphasizes the importance of not causing harm to patients. By quickly acknowledging the error and communicating it to the healthcare team, the technician allows for prompt action to be taken to mitigate any potential harm to the patient and ensures that appropriate corrective measures can be implemented. In addition, informing the healthcare team fosters transparency and promotes collaborative problem-solving, which is essential in healthcare settings. This immediate acknowledgment can help prevent further complications or adverse effects related to the error. The approach of notifying only the patient or hiding the error from management is contrary to the principles of ethical practice, potentially leading to increased risk for the patient and undermining trust within the healthcare team. Delaying action until further investigation can also be harmful, as it could prolong the risk posed to the patient and prevent timely intervention. Overall, taking responsibility and keeping the healthcare team informed aligns with ethical standards and prioritizes patient safety.

## 9. How is the inventory turnover rate (TOR) calculated?

- A. Annual sales divided by average inventory
- B. Annual purchases at cost divided by average on-hand inventory**
- C. Average inventory divided by total sales
- D. Annual purchases divided by total expenses

The inventory turnover rate (TOR) is an important metric used to assess how efficiently a pharmacy or business is managing its inventory. It reflects how many times a company sells and replaces its stock within a given time period, typically a year. The correct method for calculating the inventory turnover rate is by using the annual purchases at cost divided by the average on-hand inventory. This calculation helps provide a clear picture of how effectively inventory is being used to generate sales. By focusing on annual purchases at cost, it accounts for the actual cost incurred to acquire inventory, which is crucial for understanding inventory management effectiveness. Using average on-hand inventory in this calculation allows for a more accurate assessment that smooths out any fluctuations throughout the year, rather than just looking at end-of-period inventory. A higher turnover rate indicates efficient inventory management, suggesting that products are selling quickly and that the business is not overstocked. The other options focus on different calculations that do not directly represent the inventory turnover rate as defined in the context of measuring the efficiency of inventory usage. For example, annual sales divided by average inventory reflects a different perspective on inventory turnover, focusing more on sales rather than costs.

## 10. What is the only drug approved for treating hypertension during pregnancy?

- A. Labetalol
- B. Hydralazine
- C. Methyldopa**
- D. Nifedipine

The only drug specifically approved for treating hypertension during pregnancy is methyldopa. This medication is categorized as a centrally acting alpha-2 adrenergic agonist, and it has a long-standing history of use in managing hypertension in pregnant patients. It is well-studied in this population and is recognized for its safety profile, making it the preferred choice by many healthcare practitioners when treating high blood pressure in pregnant women. Labetalol, hydralazine, and nifedipine are also used in managing hypertension during pregnancy, but they do not have the same level of established approval as methyldopa. Labetalol is commonly used and often prescribed, but its primary indication for use specifically in pregnancy is not the same as methyldopa's approved status. Hydralazine is typically reserved for acute situations, like hypertension crises during labor. Nifedipine, while effective, is generally used in more specific scenarios and is not the first-line treatment recognized in pregnancy-related hypertension management. Thus, methyldopa stands out as the only drug specifically approved for this particular use.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://canadapharmtech.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**