



KNOW YOUR MEDICATIONS!

Taking the wrong medication or the wrong dose can be very harmful to your health. Medicine includes prescriptions, which you can only obtain with a doctor's order, such as heart pills, inhalers and sleeping pills; and over-the-counter medicines, or non-prescription items that can be purchased at a pharmacy without an order from the doctor, such as aspirin, acetaminophen, herbs and vitamins or minerals, such as calcium or iron.

Communication problems are one of the most common causes of medication errors.¹ If you're unsure about anything related to your medications, or if something doesn't feel right, don't be afraid to talk to your doctor, pharmacist or healthcare provider.



MEDICATIONS

More than just pills! Don't forget these types of medications:

- Eye/Ear Drops
- Inhalers
- Nasal Spray
- Patches
- Liquids
- Injections
- Ointments/Cream

ARE YOU A HEALTHCARE PROVIDER?

Visit www.saferhealthcarenow.ca for more information about the Safer Healthcare Now! Medication Reconciliation intervention.

REMEMBER, IF YOU ARE TAKING MEDICATIONS:

➤ ASK

- What is the name of this medication?
- Why am I taking this medication?
- What are its benefits?
- Are there any side effects?
- How much should I take and when?
- Can I take my other medications while I am taking this?

➤ LISTEN

- It is important to listen to what your healthcare provider tells you. Write down the answers to any questions you ask.
- Your healthcare provider can provide you with a lot of information. Bring a friend or family member with you to help you remember and understand everything you talked about.

➤ TALK

- Talk to your doctor or healthcare provider about all the medications you are taking.
- Discuss any concerns you may have.



TIPS FOR YOURSELF, OR A LOVED ONE, TO STAY SAFE WHILE TAKING MEDICATIONS:

- Bring all of your medications when you visit your healthcare provider.
- Be sure to tell your healthcare provider about ALL medications you are taking (including over-the-counter medications).
- Keep all of your medications in their original container.
- Know the time you usually take your medication and how you take it.
- If your healthcare provider or caretaker usually gives you your medication, make sure it is the correct medication.
- Know the possible side effects of your medication.
- Make sure you understand why you are taking each of your medications.



¹ Young, B. (2008). Medication reconciliation matters. *Medsurg Nursing*, 17(5), 332-336

