

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your midwife, doctor, nurse, or pharmacist.



Keep your medication record up to date.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your midwife, doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



Société canadienne des pharmaciens d'hôpitaux



CANADIAN PHARMACISTS ASSOCIATION

ASSOCIATION DES PHARMACIENS DU CANADA

SafeMedicationUse.ca



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