

5 Questions to ask about your medications



February 19, 2016

ISMP Canada, the Canadian Patient Safety Institute, Patients for Patient Safety Canada, the Canadian Pharmacists Association, and the Canadian Society for Hospital Pharmacists have collaborated to develop a set of 5 questions to help patients and caregivers start a conversation about medications to improve communications with their health care provider.

When seeing your doctor, nurse, or pharmacist you should ask these questions regarding your medications.

1. **Changes?** Have any medications been added, stopped or changes, 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?

You should keep your medication records up to date and remember to include:

- Drug allergies
- Vitamins and minerals
- Herbal/natural products
- All medications including non-prescription products

Speak to your doctor or nurse during your next appointment or ask for a referral to our Family Health Team pharmacist.

Visits safemedicationuse.ca for more information

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