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?

Keep your medication record up to date.

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

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

Visit safemedicationuse.ca for more information.