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?

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**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 practitioner or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit safemedicationuse.ca for more information.