MEDICATION SAFETY
Understanding your critical role

Taking medications safely is a shared responsibility between you and your health-care team. While your doctor may select a medication that is most appropriate for your condition, it is important that you understand how to take your medications safely and properly to ensure optimal health benefits.

FIVE TIPS FOR SAFE MEDICATION USE:
1. Make a list of your medications, including over-the-counter medications and supplements, topical creams, inhalers and eye drops. Share this list with all your health-care providers (e.g., doctor, nurse, pharmacist, etc.) so everyone is aware of your current medications.
2. When starting a new medication, including over-the-counter medications and supplements, always check with your doctor or pharmacist to determine if it interacts with your current medications.
3. To ensure your pharmacist can check your medications against any possible warnings, duplications or interactions, have the same pharmacy dispense all your medications.
4. To avoid confusion, keep your medications in their original containers. If you have trouble opening the containers or remembering when to take your medications, ask your pharmacist to dispense them in easy-to-open vials or compliance/blister packs.
5. Your medications may not be safe for others, even those with similar health conditions, so never share them with anyone. If your medications have expired or are no longer needed, return them to your pharmacy for proper disposal.

When reviewing medications, it's important to ask five questions, developed by the Institute for Safe Medication Practices Canada:

Do we have your current email address? If not, please send it to info@qfht.ca so we can keep you and your family well informed.

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