

# It's Safe To Ask\*

## 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS when you see your doctor, nurse, or pharmacist.

### 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](http://safemedicationuse.ca) for more information.  
Get a Manitoba Institute for Patient Safety medication card at [www.safetoask.ca](http://www.safetoask.ca)