What You Need to Know About Medicine Safety

Your healthcare is a team effort, and you are an important member of the team. **Know your medicines and ask questions!**

**Why do the health care providers need to know all the medication you take?**

- Your health care provider needs to know about your medicine to make sure new prescriptions don’t cause problems with other medicines. (We call this ‘medication reconciliation’)

**What you can do:**

- Make and carry a list of all the medicine you take. Include all prescription medicine as well as any over-the-counter medicine, vitamins, and herbal supplements.
- Tell your health care provider about any allergies, or bad reactions you had to medicine in the past.

**Why do your health care providers check you medicine list at every single visit?**

- Medicine changes occur often. We need to check your medicine and doses at each visit to make sure there aren’t problems.

**What can you do?**

- Update and show your medicine list to your health care providers at each visit.

**Why do you get a printed medicine list at every visit?**

The printed list will help you identify what medicine you need to take. This will include the medicine name, dose, and how often to take the medicine.

**What can you do?**
• Speak up if the list of medicine doesn’t seem right – for example, if a medicine is missing or the dose seems different.
• Learn what medicine you are taking. Ask what to do if you miss a dose. Ask about side effects, and what you should do if you have them. Ask if there are medicine interactions with foods and other medicines you are taking.
• If you develop itching or swelling or if you have trouble breathing after taking a new medicine, get medical help right away.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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