

Five Questions to Ask About Your Medicines

When you see your doctor, nurse practitioner, or pharmacist, ask the following questions about your medicines:

1 Changes?

Ask: Have any medicines been added, stopped, or changed? Why?

2 Continue?

Ask: What medicines do I need to keep taking? Why? For how long?

Tip: You may need to take a medicine for a few days (such as antibiotics) or for a longer term (such as diabetes medicine). Always check with your pharmacist.

3 Proper Use?

Ask: How do I take my medicines?

Tip: Always take your medicines the way they are prescribed. Ask your pharmacist about how to use devices such as inhalers or injections.

4 Monitor?

Ask: How will I know if my medicine is working? What side effects do I watch for?

Tip: Some side effects can happen right away, while other side effects may take longer to appear (from several days to several years). Ask your pharmacist about the specific side effects of your medicines.

5 Follow-up?

Ask: Do I need any tests? When do I book my next visit?

Tip: Some medicines (or medical conditions) need regular monitoring. Check with your doctor or pharmacist about what tests you need and when you need them. You can also visit your pharmacist at any time if you have a question.

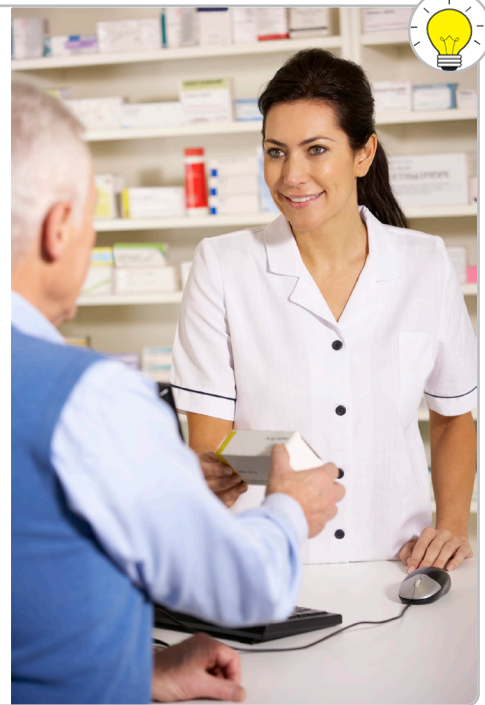


Keep your medicine record up to date.

Remember to include:

- ☐ Drug allergies
- ☐ Vitamins and minerals
- ☐ Herbal/natural products
- ☐ All medicines, including non-prescription products.

Write this information in a medicine log or ask your pharmacist for a list of all your medicines. Always keep an updated list on you (for example, in your wallet) and on your fridge.



- **ALWAYS** check with your doctor, nurse practitioner, or pharmacist **BEFORE** changing or stopping any of your medicines.
- Review your medicines at least **ONCE A YEAR** with your doctor, nurse practitioner, or pharmacist.