

## Medication Safety Tips(cont'd)

- **Bring all your medications** to your hospital and medical appointments, including non-prescription medications, vitamins, supplements, and herbal products.
- **When you leave the hospital** - ask for a list of all medications you are supposed to be taking.
- **Keep your medications in the bottles or containers they came in** - You can use a daily or weekly pill box to help you remember when to take them, or ask your pharmacist about **special packaging** to help you.
- **Follow directions carefully** - ask your pharmacist if you do not understand.
- **Do not take someone else's medication** - you don't know how it may react with medication you are already taking.



The vision of Central Health is healthy people and healthy communities.

[www.centralhealth.nl.ca](http://www.centralhealth.nl.ca)

safer healthcare  
**now!**

This publication has been developed in consultation with the departments of Corporate Improvement, Pharmacy and Corporate Communications.

February 2010

CH-CID 012



## Medication Safety

Taking an active role in  
your healthcare



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## Medication Safety

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## Everyone has a role to play

Providing **safe, quality care** is a priority for Central Health. We work together as a team and you are an important member.

### **You are an important member of your healthcare team. You have a responsibility to:**

- **Ask** your healthcare providers if you have any questions about your medications.
- **Speak up** if things do not seem right or if you have concerns. You are the one who knows most about your health.
- **Let your healthcare providers know** if they do not explain things in a way you understand.
- **Keep asking questions** until you have all the information needed.
- **Let somebody know** if you still don't understand.



## Know your medications

Medication use can be a **safety risk** if not managed correctly.

**Knowing your medications is important for your safe care.**

### **Keep a list of the medications you are taking:**

- **Write down**
  - the name of the drug
  - what the drug is for
  - the dosage
  - how often you take it
- **Include**
  - prescription medications
  - non-prescription medications such as Tylenol, vitamins, supplements and herbal products
  - other medications such as inhalers, patches, eye drops and injections such as B12.
- **Update your list** when changes are made at a doctor or hospital visit.
- **Keep the list in your wallet** along with your MCP card.

## TELL your healthcare provider:

- about any **allergies or reactions** you have had to medications;
- if you are taking your medications in a **different way** than prescribed;
- if you **don't feel well** after taking a medication.

## ASK your healthcare provider:

- **how to take** your medications
- **side effects** to watch out for
- when to get **immediate medical care** for a side effect or reaction
- if it is safe to **drink alcohol or drive** with your medication
- for advice **before you mix** medications, vitamins, supplements and herbal products

## Your pharmacist is an expert:

- you can **phone or visit** your pharmacist if you have questions about your prescription medications or other medications and products.
- your pharmacist may be able to help with **special packaging and labelling** for your medications.

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