USING YOUR MEDICATIONS SAFELY

Here are three important steps you can take to help you stay safe when you take your medicine:

- **KNOW** YOUR MEDICATIONS.
- **RECORD** YOUR MEDICATIONS.
- **REVIEW & UPDATE** YOUR MEDICATION LIST REGULARLY.

**KNOW**
You should know the following about the medications you are taking, including prescriptions, over-the-counter drugs, vitamins and supplements.

**WHAT**
you are taking.

**WHY**
you should take them.

**WHEN**
you are supposed to take them.

**HOW**
you are taking them.

**RECORD**
It is important to have a medication list that describes all the medications you are taking. Keeping an up-to-date record of your medications helps you, your family and your healthcare team have complete information about your medications.

**REVIEW & UPDATE**
Each time you visit with your healthcare professionals (such as your doctor, nurse or pharmacist), be sure to have your list with you. Knowing what types of medications you are taking is a good way to ensure the right medications are being given to you.

Medication safety... We all have a role to play.

FOR MORE INFORMATION:
SafeMedicationUse.ca  www.safemedicationuse.ca
Knowledge is the Best Medicine  www.knowledgeisthebestmedicine.org
Canadian Patient Safety Institute  www.patientsafetyinstitute.ca

Canadian Home Care Association
canadienne de soins et services à domicile
www.cdnhomecare.ca