

Be an Empowered Patient during Hospital's Visit

Before your appointment with your healthcare provider

- Write down your questions and bring it with you
- Know and communicate your allergies
- Be open and honest about your health even if they are embarrassing and uncomfortable to talk about
- Bring a person with you who can help you understand and recall what was said during the appointment
- If you feel confused by an answer, ask again until you feel you understand the information
- Before leaving your appointment make sure you have all the instructions and an updated list of your medication
- Make sure you know which medication to stop, which to continue or which new ones to start
- Always bring a current and up-to-date list of your medication, and include:

Prescribed medication

Over the counter medication (OTCs)

Vitamins and minerals

Natural health products - e.g.:

(Herbals -Homeopathic medicines)

Knowing this information will help you and your healthcare team make the best decisions for your health and wellness

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Tips from your pharmacist

- If you are taking more than one medicine, use pill containers
- If you have trouble opening the pill bottles, ask your pharmacy to put your medicine in a bottle with an "easy open" lid
- If you have trouble reading the prescription label, ask the pharmacist to use large print on the labels
- If you find it difficult to swallow pills, ask if your medicine comes in a liquid form or if you can chew or crush it
- Try to use the same pharmacy for all your medication
- When you pick up your prescription refill, check that the medicine looks the same as the last time, if it does not, ask!
- If other people in your family are on medications, use a marker to highlight the person's name on each bottle or store them in different locations
- Read the patient information on each medication

