

When you visit a clinic...

- Give the clinic health care professionals your complete health history including all the medications and herbal remedies you are taking. Bring a list of your current medications with you.
- When you arrive and leave the building, please wash your hands using soap and water or rub your hands with hand sanitizer from the containers on the walls in the clinic or hallways.
- Ask your health care professionals if they have cleaned their hands before caring for you.
- If the medications or dosages you are prescribed when you were discharged from hospital are different from what you take at home, ask why.
- Ask for information on any new medications you are receiving.
- Report any changes in your condition to your health care professional at each clinic visit, even if it doesn't seem significant
- Question anything that does not make sense to you or may seem unusual about your treatment.
- At each clinic visit, ask your health care professional to explain the treatment plan you should follow at home. Ask that information about activity, medications, diet, follow-up tests and appointments be written down for you.