



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?

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SafeMedicationUse.ca

'5 Questions' used with permission from ISMP

List any allergies (food or latex) or bad reactions to medicines:

List any medical problems:

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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To order: patienteduc.fraserhealth.ca



My Medication Card

Carry a list of your current medications with you at all times.

Share this list with your doctors, pharmacists, and other caregivers to help them provide you with the best care.

My name:

BC Services Card/CareCard number:

Emergency contact and phone number:

Doctor's name and phone number:

Pharmacy name and phone number:

Other doctors (specialists):



My Medication Card



| Name of Medicine or Supplement | Strength | How much | How often | Started | Stopped | Reason for taking | Who Prescribed |
|--------------------------------|----------|----------|---------------|-----------|---------|-------------------|----------------|
| Example: My drug | 20 mg | 1 tablet | 2 times a day | Mar 23/17 | | Blood pressure | Dr. Smith |
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