



Just Tell ... taking my medications

Better sharing between you and your doctor and health professionals

- ▶ **Tell the doctor:** All the medications, vitamins, herbals, & over-the-counter remedies that I take

Medication name <i>or what it is for</i>	Dosage/Frequency <i>or what it looks like & how often you take it</i>

I have a printed list from my pharmacist with me



Just Ask ... taking my medications

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▶ Ask the doctor:

Can you review my medication record

Is my medication record accurate and up-to-date

Are there special instructions for taking them

How do I know they are working or not working

When can I stop them



2010 ML van der Horst & K Wong