

# Medications:

What to Bring to Appointments?

## Follow-up Actions



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

### 1. A list of each medication that you take

OR

### 2. Your medication itself

a. This includes:

- i. prescription medications
- ii. over the counter medications
- iii. herbal products

b. Where can I obtain this list?

- i. Your community pharmacy
- ii. Your doctor's office
- iii. Pill / Medication bottles
- iv. Blister pack / Pill Pack

Medication Safety was discussed with my client

Client had the opportunity to ask questions about medication(s)

## Safe Practices for Medication Use



### Your Feedback is important!

Visit: [www.cmhaww.ca/feedback](http://www.cmhaww.ca/feedback) to fill out a survey about the service we provide.

This information was adapted with the permission of the Institute for Safe Medication Practices, using material originally published on the site: [www.consumermedsafety.org](http://www.consumermedsafety.org)

If you are in crisis, require immediate assistance, or wish to access our services, please call Here 24/7 at 1-844-HERE-247 (437-3247), TTY: 1-877-688-5501.

## To take charge of your medicines, be sure to do the following:

1. Make a list of every medication you take, including over-the-counter medications and supplements. Keep the list with you at all times.
2. Before taking any new medicine, check with your pharmacist to be sure it won't interact with something else you are taking. Even natural products, like herbal remedies, could interact with your medication.
3. Try to use one pharmacy for all your medication needs.
4. Never share your prescribed medication with someone else, and never take someone else's prescription medication.
5. Avoid confusion - leave all medicines in their original containers.
6. Keep your medicines in a cool, dry place - not the bathroom. Medicines can be affected by temperature and moisture.
7. Check expiration dates. Potency may be affected in expired drugs and certain expired medications can be harmful to your health.
8. Review your prescription with your doctor before you leave the doctor's office. If you cannot read the handwriting, ask your doctor to print the prescription.

9. Whenever you get a new prescription, be sure that you understand all the important information about your prescription. Discuss with your pharmacist, nurse, doctor or other health professional:
  - Name of your medication
  - Why you are taking it
  - How the medication works
  - When and how to take it
  - How long to take it
  - What to do if you miss a dose
  - Possible side effects or medication errors
  - Possible interactions with other medications or alcohol
  - Whether it may cause an allergic reaction
10. Always check your medicine(s) before leaving the pharmacy. Have your pharmacist go through the instructions on the prescription label with you. Tell your pharmacist if you have any concerns or if any of the information does not match what you were expecting to see or hear.
11. Don't be afraid to speak up if you think you are about to receive the wrong medicine from a pharmacy or when you are in hospital. Be sure that you are satisfied with how your concerns have been addressed before taking any medicine.
12. Ask your pharmacist before cutting, splitting, crushing or opening a tablet or capsule. Some dosage forms are designed to be taken whole.

13. Here are some things to think about when you are checking your medicine:
  - Is my name on the prescription label?
  - Is this the medicine that my doctor prescribes for me? If you are to receive more than one box or container of the same medicine, are all the packages the same and do they all contain the same medicine?
  - Are there any unexplained changes in my prescription? For example, does the medicine or the package look different?
  - Have I been given the right dose of the medicine?
  - Have I been given the right amount of the medicine?
  - Have I been given information on the medicine and how it is used?
  - Do I understand the directions?
  - Have I been provided with all the medicines prescribed by my doctor (or for which I have requested a refill)?

**Following these steps may help you from being harmed by a mistake with your medicine. Don't delay; take charge of your medication today.**



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