

You are the only one who knows what medications you take and how you take them.

You play a big part in medication safety for you and your family.

First: Create a medication list.

Have an up-to-date list of everything you or someone you care for take, and carry it with you.

When you may need it most, your list will speak for you in case you can't, or if you can't always remember all the medication you take.

Second: Share your medication list every time you see your doctor, nurse, pharmacist, or any other healthcare provider.

This will help them give you the best care possible. It could also prevent a dangerous situation from happening with the medication you take.

Medication safety is a team effort!

Making sure you are taking the right medications when you enter our care, when you move between services and when you go home is a priority for your healthcare team. You are also a member of that team and we need your help to make sure we know everything about your medications and how you take them, in order to keep you safe.

Doesn't my doctor know what I take?

If you have visited more than one healthcare provider—for example, a doctor or pharmacist—who may have prescribed more than one medication or you may not be taking the medication in the way it was prescribed. Right now, healthcare providers don't always have access to all of the same information about your healthcare needs.

Without you sharing everything you know about what you're taking and how you take it, something could be missed—like a medication that is very important to you staying healthy, or one medication not working well with another.

What would I put on my medication list?

Your list of medications should include:

- anything a doctor or other healthcare provider prescribes. Be sure to remember:
 - pills
 - liquids
 - patches
 - inhalers
 - eye/ear/nose drops
 - creams, lotions, and ointments
 - samples of medication
- anything you buy over the counter, such as:
 - pain killers
 - cold medicines
 - laxatives
 - vitamins
 - minerals
 - homeopathic, natural, or herbal remedies
 - any recreational drugs, such as alcohol or marijuana