



Improving Healthcare for the Common Good

MEDICATION MANAGEMENT GOLDEN RULES

1. Prepare a list of medications you are currently taking and keep it up to date.*
2. Bring the medication list with you to all medical appointments and hospital visits.
3. Purchase medications from the same pharmacy.
4. Contact your physician, nurse or pharmacist when you have a question about a medication you are taking.
5. Review the medication list with your doctor or pharmacist at least every six months.

* Include the name of the drug, the dose and how often you take the medication. Remember to include all over the counter medications, vitamins, minerals, and herbal supplements.

ASKING QUESTIONS

Each time you talk with a doctor, nurse, or pharmacist ask the following questions to understand why the information is important:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

(Source: Partnership for Clear Health Communication; Ask Me 3 Campaign www.askme3.org)

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