

# During

a visit

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## Ask questions

Present the list of all your medication and health products, and discuss your questions. Make sure that you completely understand the treatments and advice being proposed.

# After

a visit

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## Follow the recommendations

The advice and treatments proposed by your healthcare professionals are important. Do not hesitate to contact them if problems arise.

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Help Healthcare Professionals  
Better Help You.



Here's how!

Québec 

# Before

a visit

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## Ask for your list

Always have with you a complete and up-to-date list of your prescription medication prepared by your pharmacist, which should also include all non-prescription medication and health products you take.

## Ask your pharmacist for the list of your medication and fill in any missing information if necessary.

A complete, up-to-date list of your medication and natural health products is an important tool for your healthcare professionals, whether at a clinic, a CLSC, a pharmacy or the hospital emergency ward. It is especially useful for them to better evaluate your health, choose the right treatment, or prevent allergies and drug interactions.

With your pharmacist, make sure that your list contains the following items:

- ✓ Prescription medication
- ✓ Over-the-counter medication
- ✓ Natural health products
- ✓ Vitamins and food supplements
- ✓ Allergies to medication

As well, before seeing a healthcare professional, write the following information on a piece of paper:

- ✓ Your symptoms, when they started and how often they occur
- ✓ Any specific conditions, such as pregnancy, nursing or a handicap
- ✓ Your personal history, such as illnesses, injuries, operations, and any diseases common in your family