

# 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

## 1. CHANGES?

Have any medications been added, stopped or changed, and why?

## 2. CONTINUE?

What medications do I need to keep taking, and why?

## 3. PROPER USE?

How do I take my medications, and for how long?

## 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

## 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

### Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.



SafeMedicationUse.ca



Visit [www.hqsc.govt.nz](http://www.hqsc.govt.nz) for more information