

Information for Patients at Admission
The Best Prescription is to Get Informed

Vitalité Zone: 1B 4 5 6

Some practical advice

- When taking a medication, whether prescribed by your physician or bought over the counter, you must know:
 - ◊ What the medication is;
 - ◊ Why you have to take it;
 - ◊ When and how you have to take it (e.g. in the morning with food);
 - ◊ How it will affect you.
- Buy all your prescription medications at the same pharmacy. This makes it easier for your pharmacist to check all your medications and prevent possible drug interactions. Keep an up to date list of your medications on you at all times.

- Check with your pharmacist before you buy natural products or over-the-counter medications.
- Take your medication at the same time every day. If you forget to take your medication, take it as soon as you notice. If it's almost time for your next dose, skip the missed dose and take the next dose only. Do not double the dose.
- Never stop a medication or change the instructions without checking with your physician.
- Tell your physician/pharmacist about the allergies you have had in the past.
- If you have questions while you're in hospital, ask your nurse to contact the hospital pharmacy.
- If you have questions after being discharged, check with your regular pharmacy.

Use your medications safely

- Do not give any of your medications to someone else and do not take medication prescribed for someone else.
- Keep your medications in a dry, cool, and dark location. Do not keep them in the bathroom.
- Keep your medications out of the reach of children.

Questions to ask when you start taking your medication

- Why do I have to take this?
- Does it have side effects? Which ones do I have to report?
- How will I know that it is working?
- Does this medication have interactions with the other medications and products I am taking? (Remember to inform your physician or pharmacist about the over-the-counter medications, vitamins, and natural products you are taking.)
- Will this medication make me sleepy?
- Do I have to avoid drinking alcohol? What must I do if, by mistake, I take too much or forget to take a dose?



- Do I have to keep this medication in the refrigerator?
- Do I have to avoid certain foods, drinks, or activities?