

- Like many people, you may see more than one doctor, nurse or pharmacist.
- List below all the medicines you are taking. Or, get a free medication card at www.safetoask.ca

Name: _____

Your Medicines

-
-
-
-
-
-
-
-

Non-Prescription Medicines
(medicines you can buy without a doctor's note)

-
-
-
-
-

Vitamins/Herbals

-
-
-

Do you have any allergies or bad reactions to medicines?

Emergency contact (name & phone number)

Partners

- Canadian Patient Safety Institute
- CancerCare Manitoba
- College of Licensed Practical Nurses of Manitoba
- College of Pharmacists of Manitoba
- College of Physicians and Surgeons of Manitoba
- College of Registered Nurses of Manitoba
- College of Registered Psychiatric Nurses of Manitoba
- Concordia Hospital
- Diagnostic Services of Manitoba
- Doctors Manitoba
- First Nations & Inuit Health
- Literacy Partners of Manitoba
- Long Term and Continuing Care Association of Manitoba
- Manitoba College of Family Physicians
- Manitoba Health
- Nurse Practitioner Association of Manitoba
- Regional Health Authorities of Manitoba
- St. Boniface General Hospital
- Winnipeg Regional Health Authority



**MANITOBA INSTITUTE
FOR PATIENT SAFETY***
www.safetoask.ca

Brochures and posters in 15 languages
at www.safetoask.ca

*Trademarks owned by the Manitoba Institute for Patient Safety Inc.

It's Safe to Ask*

Ask your doctor, nurse or pharmacist...

- 1** What is my health problem?
- 2** What do I need to do?
- 3** Why do I need to do this?

Ask your doctor, nurse or pharmacist:

1

What is my health problem?

2

What do I need to do?

3

Why do I need to do this?



It's Your Right to Ask

Who needs to ask questions?

- You do! Everyone has questions about their health.
- You are not the only one who sometimes finds things confusing.
- Ask questions to understand how to get better and how to take care.

What if I ask and I still don't understand?

- Say, "This is new to me. Please explain again."
- Don't be embarrassed if you still don't understand.
- Ask more questions if you want to.

Who can answer?

Your doctor, nurse and pharmacist want to help you by answering your questions.

Can I bring someone with me?

Yes, a friend, family member or someone you trust can:

- remind you what to say
- take notes and get information
- help you understand your health conditions or health concerns

Before a visit:

Write down your questions, and things you want to tell the doctor, nurse or pharmacist. For example, what in your body feels bad, where and when?

Before I go home, I want to know information about...

...my health problem

Answer _____

...what I need to do

Answer _____

...why I need to do this

Answer _____

...what I can expect

Answer _____

...who to call if I need help

Answer _____
