

LIST ALL OF YOUR:

- Prescription Medicines
- Vitamins
- Diet Supplements
- Recreational Drugs
- Over the Counters (Example: Aspirin)
- Herbs
- Natural Remedies
- Amount of Alcohol you drink per day or week

It's important to include all of this information in case of an emergency.

List the amount that you usually take and how often or what time of day you take it.

Share it with your pharmacist, doctor and other caregivers.

WE ENCOURAGE YOU TO SPEAK UP™:

Speak up if you have questions or concerns, and if you still don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you get. Always make sure you're getting the right treatments and medicines by the right health care professionals. Don't assume anything.

Educate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

Ask a trusted family member or friend to be your advocate (advisor or supporter).

Know what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

Use a hospital, clinic, surgery center, or other type of health care organization that has been carefully checked out. For example, The Joint Commission visits hospitals to see if they are meeting The Joint Commission's quality standards.

Participate in all decisions about your treatment. You are the center of the health care team.

The goal of the Speak Up™ program is to help patients become more informed and involved in their health care.