

- Like many people, you may see more than one doctor, nurse or pharmacist.
- List all the medicines you are taking.

Name: \_\_\_\_\_

### Your Medicines

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### Non-Prescription Medicines

(medicines you can buy without a doctor's note)

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### Vitamins/Herbals

Do you have any allergies or bad reactions to medicines?

Emergency contact (name & phone number)

## Partners and Friends

College of Physicians and Surgeons of Manitoba  
 College of Registered Nurses of Manitoba  
 First Nations & Inuit Health Branch  
 Clinic Community Health Centre  
 Literacy Partners of Manitoba  
 Manitoba Health  
 Manitoba Medical Association  
 Manitoba Pharmaceutical Association  
 Manitoba Society of Seniors  
 Mental Health Literacy Network  
 Regional Health Authorities of Manitoba  
 St. Boniface General Hospital  
 The Prolific Group  
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[www.safetoask.ca](http://www.safetoask.ca)

# 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 Safe 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?

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

#### ...my health problem

Answer \_\_\_\_\_

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#### ...what I need to do

Answer \_\_\_\_\_

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#### ...why I need to do this

Answer \_\_\_\_\_

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#### ...what I can expect

Answer \_\_\_\_\_

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#### ...who to call if I need help

Answer \_\_\_\_\_

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