

PATIENT SAFETY TIPS



Share your health history

This includes medications and dietary supplements you take, operations you have had, and allergies you have. The more your doctor knows, the more effective your treatment will be.



Make list of your health concerns and questions to share with your doctor



Bring a friend or family member to help you take notes, ask questions, and understand the health information you need



Know your medications (including over the counter medications, vitamins, and herbal supplements)

- Carry with you a current list of the names and doses of your medications.
- Review the list with all your doctors.
- Ask your doctor if you are not sure what a medicine is for.
- Try to use the same pharmacy for all your medicines. This is important because your pharmacist can inform you of any medication or food interactions.



Help reduce the risk of infection

Washing your hands kills germs and prevents the spread of infections. Wash your hands, and encourage your family and friends to wash their hands too. Don't be afraid to ask your doctor or other clinic personnel if their hands are clean.



Know your diagnosis and treatment plan

Know how to take care of your medical problems at home.

Make sure you get answers to these questions during your visit with your doctor.

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?



Don't understand something?

Please be sure to ask us. We want you to get and understand the health information you need.



** If you have a concern or question about safety, please inform your health care provider.*