



## Know Your Own Medicine

- What medications are you taking? Your health care providers will need to know so they can prevent dangerous drug interactions.
- Bring a complete list of all the medications including any supplements, vitamins or herbal remedies you are taking. Include the product name, the dose and time you take the product.
- If a change is made to your medications, ask why. Know what your medications are for and how to take them (e.g. with food).
- Have you ever had a reaction to a medication or food product? If so, tell a member of your health care team.

**Health Link Alberta**

**Call toll free:**

**1-866-408-LINK (5465)**

**Edmonton: 780-408-LINK**

**Calgary: 403-943-LINK**