

What we don't know about your medicines could harm you.



Keep a medicine list and share it at each health care visit.

A medicine list is a record of all prescriptions, over-the-counter medicines, herbals, supplements, minerals, ointments and vitamins that you use.

This list can ensure safe health care if it is shared with your doctor, nurse practitioner, pharmacist, physician assistant, naturopath and dentist each time you visit us.