



Understanding your medication

At Kaiser Permanente, we strive to provide you with high-quality health care. One of our goals is to keep you safe. You can help us keep you safe by being an active participant in your health care. Let your health care team know about the medications you're taking, and don't be afraid to ask questions and tell them when you don't understand what's being said about your medications.

Talking to your personal physician about medications

- Write down any questions you have about your medications before you see your doctor.
- Let your physician know about any allergies you have to medicine.
- Write down what you know about the medications you take, including:
 - Foods or medicines you're allergic to
 - Medicines you're currently taking, how much you take, why you need it, and the name of the doctor who prescribed it
 - Names of over-the-counter medicines you take such as aspirin, vitamins, or herbal supplements (such as ginkgo)
 - What you think the medicine should do for you
 - Whether you think the medicine is making you feel better
 - How you take the medication (by mouth or by injection)
 - Time of day you take the medicine
 - When you take the medicines (before or after meals)
 - If you take the medication with food
 - If you feel different after you take the medicine (upset stomach, dizziness, blurry vision, skin rash, or other symptoms)
- List all other medications or treatments you use, such as lotions, patches, and creams that you put on your skin.
- Let your doctor know if you've stopped or changed the dosage or frequency of any of your prescribed medications.

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