

# Be an active partner in your healthcare.

Help avoid mistakes with your medicines

## SPEAK UP

**S**peak up if you have questions or concerns. If you still do not understand, ask again. It is your body and you have a right to know.

**P**ay attention to the care you get. Always make sure you are getting the right treatments and medicines by the right health care professionals. Do not assume anything.

**E**ducate yourself about your illness. Learn about the medical tests you get, and your treatment plan.

**A**sk a trusted family member or friend to be your support person.

**K**now what medicines you take and why you take them. Medicine errors are the most common health care mistakes.

**U**se the hospital resources. Take the opportunity to talk about your treatment to your clinical team. Take advantage of the opportunity to get a medicines list.

**P**articipate in all decisions about your treatment. You are the centre of the health care team.



Adapted from The Joint Commission Speak Up™ program