

YOU: YOUR OWN BEST MEDICINE

# BEFORE YOUR APPOINTMENT:

* BRING MEDICATION LIST. Bring a complete, accurate list to share.
* BRING TEST RESULTS. Bring all recent test results to share.

# DURING YOUR APPOINTMENT:

* WRITE A WARNING SIGNS LIST. Ask about warning signs. Write them down.
* WRITE NEXT STEPS LIST. Ask about recommended next steps. Write them down.

# AFTER YOUR APPOINTMENT:

* ACT ON NEXT STEPS LIST. Schedule appointments and tests. Fill prescriptions.
* WATCH FOR WARNING SIGNS. Alert your doctor if you have warning signs (see your list).

For more information [www.ownbestmedicine.mn](http://www.bestmedicine.mn/)

Source: Minnesota Alliance for Patient Safety(MAPS)