

# **Temiskaming Hospital**

March 18, 2009

## **It's Your Health...Know Your Medications**

Any time you visit the Emergency Department, you can expect to receive excellent care from the health care team at the Temiskaming Hospital. But did you ever stop to consider that you are an important team player on your own health care team? You can take charge of learning about your health, and about any medications you may need to be taking. When you take a medication you need to know:

- What it is;
- Why you are taking it;
- When and how you should use it; and
- The effect it will have on you.

When you visit the Emergency Department, you will be asked about your medications. It is helpful if you bring an up-to-date list of what you are taking. You can ask your community pharmacist for a list of all your prescription medications. Then, don't forget to add to the list any non-prescription medicine, including herbal products and vitamins. At Temiskaming Hospital, you can pick up a free booklet, "Knowledge is the Best Medicine", which includes a Medication Record Book that you can use to list your medications. Be sure to keep your list up to date.

Sometimes, during a visit to the Emergency Department or an admission to the Hospital, your medications will need to be stopped or changed. Be sure you know whether or not you should continue taking medications that you were taking before your hospital visit.

**Remember, be a team player ... know your medications ... it's your health.**



Temiskaming Hospital  
(705) 647-8121  
[www.temihosp.on.ca](http://www.temihosp.on.ca)

### **Visiting Hours:**

- 10:00 a.m. to 8:00 p.m. for medical patients, surgical patients and Long-Term Care patients;
- 2:00 to 4:00 p.m. and 6:00 to 8:00 p.m. for obstetrics patients;
- Visitors to the Special Care Unit (SCU) are restricted to immediate family and/or significant other(s).