

Don't just think it, ask it!

ASK questions about your care

Ask your health care provider questions until you have all the information you need. Write down any questions so you do not forget. If you do not understand, ask for it to be repeated.

LISTEN to the answers

Listen to everything your health care provider tells you. Write down notes to help you remember. Ask a family member or friend to listen with you.

TALK openly about concerns

Talk with your health care provider about your concerns. Tell them about your medical history and any medications that you are taking.

Interpretation services are available to help you. Ask your health care provider for more information.

You are the most important member of your health care team.

Remember to Ask, Listen and Talk to ensure you receive the safest care possible.

You might ask:

- Can you explain that to me again?
- Can I talk to another health care provider?
- What are the risks to this treatment? How will it help me?
- Why am I taking this medication? Are there side effects? How often do I need to take it?
- What are the risks in not taking this treatment or medication?
- Have you washed your hands?



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