A Quick Guide to Medication Reconciliation for Patients

What Is Medication Reconciliation?

It’s a formal process:

Comparing YOUR up-to-date and complete list of medications that you take at home versus

Medications ordered during YOUR hospital stay

Reference: www.ismp-canada.org

Medication Reconciliation helps to ensure that YOU continue to receive the right medications at the hospital

Reference: www.ismp-canada.org
You Can Play An Active Role By….

- Bringing ALL your medications or a complete medication list to the hospital
- Providing your health care team with your pharmacy contact information (found on your pill bottle) and your family doctor's name and phone number.
- Taking part in the review of your new and old medications with a doctor, nurse, or pharmacist
- Updating your medication list regularly and writing down any changes made by you or your doctor

Medication Safety

Keep your medications in their original bottles because….

- Many pills look alike and can be difficult to identify when stored together in one bottle
- It allows you to double check the medication before you take it
- It helps you keep track of when you need a new refill
- It gives you information about the pills you take, and means you always have your pharmacy contact number with you

Reminders…

- Store your medications away from children and pets
- Do not chew, crush, or break capsules unless directed
- Do not hesitate to contact your pharmacist if you have any questions or concerns about your medications
Tips on Making a Medication List
You can organize your medications into a table (you can use the table in this pamphlet.)

What Should I Include on My Medication List?

1. ALLERGIES
   - Medications, Food, and Environmental

2. Prescription Medications
   - such as Antibiotics, blood pressure pills

3. Non-Prescription Medications
   - such as Acetaminophen (Tylenol®), Aspirin

4. Vitamins and Minerals
   - such as Vitamin D, Calcium

5. Herbal Medications
   - such as St. John’s Wort

6. Supplements
   - such as Glucosamine, Coenzyme Q10

Don’t Forget:
- Eye/ear drops
- Inhalers or Nasal Sprays
- Medicated Patches or Creams
- Injectable medications (such as Insulin)
- Medication Samples from Your Doctor

Medication Reconciliation is Done When You Are...

- Admitted as a patient upon arrival to the hospital
- Transferred from one area of the hospital to another
- Going home from the hospital
- It is also performed when you visit certain outpatient clinics at the hospital
Medication List for: __________________________

Pharmacy Number (on pill bottle):_______________

Family Doctor Name/Number:___________________

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Strength (mg)</th>
<th>How Many Each Time?</th>
<th>When Do You Take It? (Check all that apply)</th>
<th>What Do You Take It For?</th>
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</thead>
<tbody>
<tr>
<td>Example: Atorvastatin (Lipitor)</td>
<td>10 mg</td>
<td>1 tablet</td>
<td>Morning [✓] Evening Bedtime</td>
<td>High Cholesterol</td>
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Medication Allergies and Reaction:___________________

Here are some tips to make your medication list →