

## **10 Tips for safer health care**

- 1. Be actively involved in your own health care**
- 2. Speak up if you have any questions or concerns**
- 3. Learn more about your condition or treatments by asking your doctor or nurse and by using other reliable sources of information**
- 4. Keep a list of all the medicines you are taking**
- 5. Make sure you understand the medicines you are taking**
- 6. Make sure you get the results of any test or procedure**
- 7. Talk to your doctor or health care professional about your options if you need to go into hospital**
- 8. Make sure you understand what will happen if you need surgery or a procedure**
- 9. Make sure you, your doctor and your surgeon all agree on exactly what will be done during the operation**
- 10. Before you leave hospital, ask your doctor or other health care professionals to explain the treatment plan you will use at home**

If you wish to have a copy of the "10 tips for safer healthcare" please ask one of the reception staff.