

TORONTO WESTERN HOSPITAL TORONTO WESTERN HOSPITAL

When you visit your doctor or health care provider, ask these 3 simple but important questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Ask Me 3™
National Patient Safety Foundation
www.npsf.org

Six things you can do to take part in your care

1. Write down your questions when you see your health care provider. Ask them to explain in "plain language".
2. Tell your health care provider about your past illnesses and any new or different symptoms you are having.
3. Bring all of your medicines, including vitamins and any over the counter or herbal remedies when you go to the hospital or when you see your health care provider.
4. Tell a member of your health care team if you ever have had an allergic or bad reaction to any food or medicine.
5. Take a family member or friend along to help you remember what your health care provider says.
6. Make sure you know what to do when you go home from the hospital or from your doctor's office.

Need help finding multilingual health information?

Visit the TWH Patient & Family Library where you will find reliable consumer health information.

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