

# Patient Safety Awareness

## Step-up Your Security!



- Have your doctor or pharmacist review your medicines.
- Clean out your medicine cabinets of old or expired medications.
- Keep all of your healthcare records up-to-date and in order. Make sure that they are stored in a safe place.
- Write down and carry with you all of your prescription and over the counter medications (be sure to include doses for everything you take).
- Write down and carry with you the names and numbers of all of your healthcare providers and local pharmacies.
- Identify an advocate (select either a family member or a friend) who can ask questions on your behalf. Make sure you talk with them about your healthcare preferences.



For more information visit: [www.kidneypatientnews.org](http://www.kidneypatientnews.org)

Published under CMS contracts HHS-500-2006-NW 009C & HHS-500-2006-NW 010C