

## Before your medicine review

### How I am feeling ...

(e.g. changes, side effects, difficulties)

### My concerns and questions about my medicines ...

## At the end of your medicine review

### What do I do now?

(e.g. what changes do I need to make?)



Has the doctor or pharmacist updated your medicine card/list for you?

## Questions you might want to ask:

- Do I still need to take all these medicines?
- Why am I taking this medicine?
- What are the benefits?
- What are the risks?
- How long do I need to take this medicine for?
- What happens if I forget a dose?
- Can I change the dose of this?
- Is this a side effect of this medicine?
- Why have my medicines been changed?
- Are there simpler, safer options?
- What happens if I stop this medicine?
- What medicines do I need to keep taking? Why?
- Do I need any tests?
- How do I know this medicine is working?

Research Study: Medication Reviews for Older Adults

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INFORMATION FOR PATIENTS



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# Tips for your medicine review



# Tips to make the most of your medicine review



## What is a medicine review?

- A meeting with a doctor, nurse or pharmacist to talk about the medicines you are currently taking.
- It is particularly useful for people taking a lot of medicines.

## Why review your medicines?

- Things can change from when you were first prescribed a medicine.
- You might have a new medical condition, lost or gained weight, or developed a side effect.

## Prepare for your medicine review appointment

- Think about any changes in how you are feeling. Be ready to describe these clearly.
- Write down any concerns/questions about your medicines (use the questions on the next page to help).
- Collect all the medicines you have at home including pills, capsules, ointments, inhalers, over-the-counter drugs, supplements or natural remedies. Bring them all to your appointment
- Maybe choose someone to come with you, e.g. a whānau/family member or a close friend.

## During your appointment

Make sure you have your notes and your medicines with you.

### Share your experience

- Tell your doctor/nurse/pharmacist about your experiences with your medicines and any changes in how you feel.

"I'm getting ... um ... shaking problems - generally in the morning. I don't know whether it's the medication or something but it really is really bad."

### Ask questions

- Ask about your medicines and your health problems.
- Words you don't know? Ask what they mean.

"So with this medication, are there different forms of medication or are there any side effects that can happen?"

## Check to make sure you understand

- Summarise in your own words what the doctor/nurse/pharmacist says. This can help you to check if you have understood correctly.
- You could take notes so you don't forget important details.
- Ask your doctor/nurse/pharmacist to give you a list of your medications and how to take them (this might be a yellow card).

