

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?

It's good to ask questions at a health appointment.

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?
- ▶ What are the side effects of this medicine?
- ▶ Is this a side effect of this medicine?
- ▶ Why have my medicines been changed?
- ▶ Are there simpler, safer options?
- ▶ What happens if I stop taking this medicine?
- ▶ What medicines do I need to keep taking? Why?
- ▶ Do I need any tests?
- ▶ How do I know this medicine is working?
- ▶ Can I change the time of day I take my medicine?

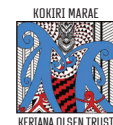
Health provider contact information:

Talofa lava
Mālō e lelei
Kia orana
Fakaalofa lahi atu
Taloha ni
Namaste
Ni sa bula vinaka
Ko na Mauri
Halo/Gude
Warm Pacific Greetings

Tips for your medicine review



INFORMATION FOR
PATIENTS AND FAMILIES



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 and review the medicines you are taking.
- ▶ Medicine reviews are a normal part of health care and it is a good idea to have one every year.
- ▶ Medicine reviews can be a separate appointment or can be part of a regular consultation.

Why review your medicine?

- ▶ It is really helpful for people who are taking a lot of medicines.
- ▶ Things can change from when you were first prescribed a medicine.
- ▶ You might have a new health condition, lost or gained weight, or developed a side effect.
- ▶ There might be some new medicines available that would be better for you.
- ▶ You might want to be reminded what each medicine is for and how to take it.

Before your medicine review appointment

- ▶ Bring all your medicines to your appointment - everything you have at home including pills, capsules, ointments, inhalers, over-the-counter drugs, supplements or natural remedies and traditional medicines.
- ▶ 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 back of this page to help).
- ▶ If you want to, ask one of your family or a support person to come with you.

During your appointment

- ▶ Make sure you have your notes and your medicines with you. It can be helpful to write any questions down and take them with you to your appointment.

Share your experience

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

"I like to go to the choir practice, can I change when I take my furosemide so that I don't feel stressed about going to the toilet while I'm there?"

Ask any questions you may have

- ▶ Ask about your medicines and your health conditions.
- ▶ If there are any words you don't know, ask what they mean.

"I heard there's a new diabetes medication. Would that be good for me?"

"Do I have to pay for blister packs for all my medicines?"

Check to make sure you understand

- ▶ Tell your doctor/nurse/pharmacist what you understood from their explanation. This can help you to check that they explained everything clearly to you and you have understood correctly.
- ▶ Take notes if you like so you don't forget important details. Or, if you have family support, they could take notes for you.
- ▶ Ask for a list of your medications and how to take them (this might be a yellow card).



FOR MORE INFORMATION:

Ask for printouts about your medicines or check these websites:

healthnavigator.org.nz

hqsc.govt.nz

Choosing Wisely (find this on hqsc.govt.nz)

