

Write your questions and concerns here:-

What Happens after a Medication Review?

- ◆ Your regular doctor will be informed of any changes agreed at the medication review.
- ◆ The medicines you are prescribed may change; but only with your agreement.
- ◆ A summary of the meeting will be entered into your medical record.
- ◆ You can agree any future treatment requirements, (tests, referrals to other health professionals etc) and a date for your next medication review at the end of the meeting.

NHS Choices: <http://www.nhs.uk/Pages/HomePage.aspx>

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CUMBERLAND HOUSE

PRIMARY HEALTH CARE CENTRE

Benefits of a Medication Review

What is a Medication Review?

A medication review is a meeting to discuss your medicines with a Healthcare Professional. The meeting is free and is an opportunity to check that your medicines are the best ones for you. It is also an opportunity for you to ask questions and find out more about your medicines. Its purpose is to check that you are getting the best from your medicines.

The meeting is confidential. Whoever you talk to, the details will be kept private. You can speak openly about any worries you may have about your medicines and the person conducting the medication review will listen to you. A record of the meeting will be added to your medical notes. No medicines will be altered without agreement with you and your doctor.

Benefits of Attending for a Medication Review

You will have the opportunity to:

- √ Find out more about your condition(s) and medicine(s)
- √ Tell a Health Professional how you feel about your treatment.
- √ Ask if you are taking the most appropriate medicines for your illness and how best to take your medicines. . vitamins, herbal products or other supplements.

How to Prepare for your Medication Review

When attending for your medication review please bring along:

- ◆ A list of all the medicines that are prescribed for you including liquid medicines, creams and ointments, inhalers or other devices, eye and ear drops.
- √ Any medicines you buy from the pharmacy, health shop or supermarket such as painkillers, vitamins, herbal products or other supplements.
- √ Any medicines you no longer take. You can keep hold of them if you wish, or you can take them to your nearest pharmacy and they will dispose of them safely.

Before Your Appointment

Think about any questions, concerns and suggestions you have about your medicines and write them down to bring with you.

- √ Make sure you know when, where and who you are meeting. You can make an appointment at reception.
- √ If you have special concerns about a medicine jot this down and bring it along. Otherwise, making a list of medicines you are taking is usually enough.
- √ If there is someone who helps you manage your medicine, such as a family member, you may find it helpful to bring them with you to your review.

Questions You Should Ask at Your Review

Here is a list of questions that you could ask at your review. These are only suggestions; you can write your own questions down in the space provided below.

1. What does this medicine do?
2. Why is it important to take this medicine?
3. What other treatment options are available?
4. When and how should my medicine be taken?
5. How long should I take my medicine for?
6. What medicines, drinks, foods or activities should I be aware of when taking my medicine?
7. What should I do if I don't feel well when taking my medicine?
8. How can I tell if my medicine is helping?
9. How can I be sure that it is safe to take my medicine?
10. What are the possible risks or side effects of taking my medicine and what should I do if it get one of the side effects?
11. What will happen to me if I miss a dose of my medicine or if I stop taking it altogether?
12. Is there anything that could help me to take my medicine more easily or help me to remember when to take them?
13. Where can I go for more information about my medicine?