



## Do I need to bring anything with me?

It would be helpful if you could bring all of your medicines with you, including any you might have bought (this includes vitamins or herbal remedies).

## Can I bring somebody with me?

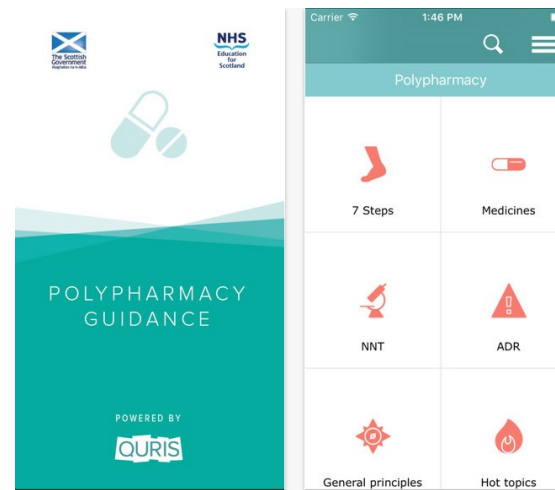
You are welcome to bring along a family member or a trusted friend to your medicines review if you feel it would be helpful.

Your family member or trusted friend can remind you of questions you may want to ask. It can also be helpful to have them with you to take notes if you wish or pick up any information which you might've missed.

## Where can I get further information about my medicines?

- Your local pharmacy
- Your GP Practice
- NHS Inform [www.nhsinform.scot](http://www.nhsinform.scot) or phone: 0800 224 488

You can also download the Polypharmacy App from the App Store or Google Play Store, search for 'Polypharmacy'



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## Polypharmacy (Medicines) Review: Information for Patients and Carers



## What is Polypharmacy?

You might've heard people referring to Polypharmacy. It means lots of medicines.

A review is useful for people who take a lot of medicines, for these people their medicines review may be called a Polypharmacy Review.

## What is a medicines review?

A medicines review is a meeting with a doctor or a pharmacist to talk about the medicines you are currently taking.

## Why do I need a review?

When you are first prescribed a medicine it is usually the best one for you, however, things change:

- You might have developed a side effect
- Your health may have changed, such as developing a long term condition or a change in a long term condition you already have

Any of these reasons, as well as others can mean the medicine might not be right for you anymore.

## What happens at a medicines review?

The review will be carried out by a doctor or a pharmacist. They will ask you some questions and also look at your medical record, this will allow them to check you are on the medication which is right for you.

The review will be between 15 and 30 minutes long. You will have the chance to ask any questions or raise any concerns you have about your medicines.



The doctor or pharmacist may suggest some changes to your medicines. They will explain these changes and why the change will benefit you.

These changes may include: a change to a new or different version of a medicine, changing the dose, changing the time of day you take your medicine or stopping a medicine.

## How will my review be carried out?

The doctor or pharmacist will carry out your review around 7 steps, this includes looking at areas such as:

**Aims** - is the medicine achieving the aims of treatment?

**Need** - is the medicine essential? Could lifestyle changes mean the treatment objectives are achieved?

**Effectiveness** - is the medicine controlling your symptoms?

**Safety** - are you having any side effects or adverse reactions?

**Patient Centredness** - is the medicine taken at the right time of the day for you?

## Not Sure? Just Ask

If you and your doctor or pharmacist decide that one or more of your medicines should change, you may want to ask some of the following questions:

- What is the medicine for?
- How and when do I take it and how long for?
- Are there any side effects?
- What should I do if I become ill while taking this medicine?
- Do I need regular check-ups once I start this medicine?