

Questions you could ask at your medication review?

(These are just suggestions)

- What does this medicine do?
- How and when should I take it?
- Should it be taken at a particular time of day?
- Should it be taken with food or on an empty stomach?
- How do I know the medicine is working?
- How do my medicines mix with other non-prescription medicines, vitamins or supplements I take?
- How do my medicines mix with food and drink, is there anything that I should avoid eating or drinking with the medicine(s)?
- What side effects are most likely from this medicine, and what should I do if I get these effects?
- What if I stopped taking my medicine, miss a dose or took a lower dose?
- Is this medicine necessary, if so how long will I need to use it?
- Is there anything that can help to remind me to take my medicines?
- Can I have easier to open containers?

Remember

If there is an urgent problem with your medicines, don't wait for a medication review. Talk to a pharmacist or a doctor straight away.

For general health advice or information concerning your medicines please contact your local community pharmacy, or GP surgery. You can also find information on conditions, symptoms and treatments, or medicines on the NHS website:

www.nhs.uk/conditions/
www.nhs.uk/medicines/

If you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser. [NHS 111](https://111.nhs.uk/) is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. You can also get help or advice from NHS 111 online <https://111.nhs.uk/>

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A patient guide to medication review



Discuss your medicines at
the GP practice

What is a medication review?

A medication review is a complete check on all your medication to make sure that the medicine you are taking is working well for you.

The review is intended to improve the quality of your treatment by tailoring your medicines to you.

Why should I have a medication review?

The medicines you use need to be checked regularly especially if you are taking more than one medicine or long-term medication. This should happen even if you are under hospital, private or specialist care. It will help to identify any side effects or problems with your medication.

The medication review meeting is free. It will give you the opportunity to talk about any concerns or worries you have about your medicines and to ask questions about your medication.

What will happen at a medication review?

You will have a discussion with the health care professional, who will make sure you fully understand the purpose of all your medicines, and that they meet your needs.

You may need to have some monitoring tests to make sure you are on the best medication for you.

You will be able to talk openly and your questions or worries will be listened to.

Who will carry out the medication review?

An expert in medicines - usually a doctor, practice pharmacist or practice nurse. The meeting is confidential.

How do I make an appointment for a medication review?

Speak to the receptionist at your GP practice to book your appointment.

How will the medication review take place?

Your medication review may take place face to face, in person, at the practice or remotely via a telephone or video consultation. Speak to the practice staff about which would be most suitable for you.

How often do I need a medication review?

This may vary depending on the type and number of medicines you take. Once a year is usual, but may be more often if you take many medicines or certain types of medicines. Your GP/pharmacist/nurse can advise you as to how often you need a medication review.

What & who do I need to bring?

It is helpful to bring/have all of your medicines (tablets, inhalers, creams, ointments and eye drops) with you, or write a complete list of everything you take; including any medicines you bought at the pharmacy or other shops, such as vitamins or herbal remedies.

You may also find it useful to bring/have a list of questions you want answered, so nothing is forgotten.

If there is someone who helps you manage your medicines such as a family member, friend or carer, you might find it useful to bring/have them with you to your review.

What happens afterwards?

The medicines you are prescribed may change, or be stopped. You will need to agree on any changes.

A note to say the review took place and any changes to your medicines will be recorded into your medical notes. Your GP/ pharmacist / nurse will advise you on when your next review is needed.

If you are started on a new medicine(s) your GP/pharmacist/nurse might suggest that you also have a new medicines review at your local pharmacy. You may also be signposted or referred to other services if appropriate and you are in agreement.