

What will happen next?

Once the team has reviewed your medicines, any changes that are needed will be made slowly and gradually. We will make sure you are told about which medicines are being changed and can answer any questions you may have.

Changes might be:

- how often you take medicines – for example, taking a tablet once a day rather than three times a day
- you might start a new medicine or change to a different version
- a medicine being stopped because you no longer need it.




**East and North Hertfordshire
Clinical Commissioning Group**

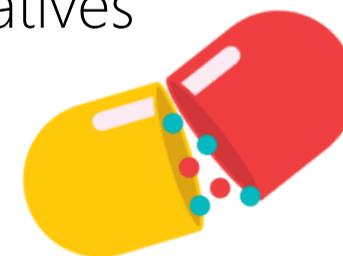


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Reviewing your medicines

– a guide for patients and relatives



What is a medication review?

A medication review is a chance for your GP (doctor) and a specialist pharmacist to take a detailed look at the medicines that you are taking, to make sure that they are working well for you and are not giving you any problems.



Why do I need a medication review?

Medication reviews are particularly useful for people who take lots of medicines as they can be at greater risk of having a bad reaction and needing to be admitted to hospital.

Also, as you get older, some of the medicines you have been taking for a while might become less important. For example, if you are over 80 you might not be too concerned about reducing your risk of a heart attack in twenty years' time and you might not want to have muscle aches, constipation and poor sleep which are potential side effects of statins - common cholesterol lowering drugs.

What happens during a medication review?

Your GP and pharmacist will talk to you and look at the medicines you take. They will consider whether:

- there has been a change in your health or the guidelines on how to treat your condition
- you are able to take your medicines without difficulties
- you are taking any unnecessary medicines
- there is a different medicine which will be just as effective but cheaper for the NHS

They will also make sure that any blood tests or other checks you need have been done or arrangements put in place to have them.

Your GP and pharmacist will also consider:

- any side effects of your medicines
- how drugs work together
- if any of your medicines put you at risk of falling
- if any of your medicines affect how your kidneys are working