



For more information about your rights as a patient and support to prepare for your medication review please visit: NHS Constitution: [nhs.uk/choiceintheNHS/Rightsandpledges/NHSConstitution/Pages/Overview.aspx](https://www.nhs.uk/choiceintheNHS/Rightsandpledges/NHSConstitution/Pages/Overview.aspx)

Everyone should be able to ask about their medicines. 'Me and My Medicines' is a campaign led by patients and supported by clinical staff to help people raise concerns and use their medicines better. Please visit [meandmymedicines.org.uk](https://www.meandmymedicines.org.uk)

Top tips to prepare for a chat before your GP appointment: [nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/questions-to-ask-the-doctor.aspx](https://www.nhs.uk/NHSEngland/AboutNHSservices/doctors/Pages/questions-to-ask-the-doctor.aspx)



Medication Reviews

Information for patients,
their families and carers



What is a medicines review?

A medicines review is a meeting with your pharmacist or doctor to talk about your medicines.

Your medicines should be reviewed regularly (usually once a year) to check that they are still right for you.

Why have I been invited to attend a medicines review?

When you are first prescribed a medicine, your doctor, pharmacist and/or nurse checks that it is the best medicine for you.

However, things can change over time, for example:

- You might have developed a side effect from the medicine
- Your health might have changed, such as developing a long-term condition
- You might have started taking other additional medicines
- The guidelines for treating your condition might have changed
- You may be taking a large number of medications (known as 'polypharmacy')
- A medication you are on may be no longer essential for your health day to day

All of these factors can affect whether a medicine remains the best choice for you.

What might happen at my review?

The review will involve the pharmacist or GP gathering information from you and from your medical record.

The pharmacist or GP will check that:

- You are taking the medicine in the correct way
- You can take your medication without difficulties
- The medicine is treating your condition properly
- The medicine and the dose is still right for you
- The medicine is not causing you any problematic side effects
- Any blood tests or monitoring needed to ensure your medication is not impacting on other areas of your health
- If you are taking any other medicines, such as those bought in a pharmacy or supermarket

You will also be able to ask any questions or raise any concerns you have about your medicines. This will make sure that your medicines are working well for you. It is important that you and/or your family or carers are involved in all the discussions about your medicines.

What changes to my medicines might be recommended?

Some common changes your pharmacist or GP might recommend are:

- A medicine may be changed to a form that is easier to take (e.g. once a day rather than three times a day)
- A medicine may be started or changed to a different version
- The dose that you are currently taking may need to change

Will any of my medicines be stopped?

The pharmacist or GP may suggest stopping a medicine if:

- Your health or a particular condition has improved or changed, and the medicine is no longer needed
- There are more side effects than benefits or the medicine is making you feel unwell
- You have chosen either not to take or you are unable to take the medicine
- Other treatments that do not involve medicines are available and can be used instead
- The evidence for using the medicine in your condition has changed

If the pharmacist recommends that your medication is changed or stopped, then the reasons for these changes will be explained to you and you will be asked for your agreement before any changes are made, it should be a joint decision.

Do I need to take anything to my medicines review?

It would be very useful if you could bring all your medicines with you, including any you have bought in a pharmacy or shop. If you buy vitamins, herbal or homoeopathic remedies, please bring them too.

How can I plan for my review?

Think about your medicines, how you take them, how they make you feel and write down notes to take with you to the review. You can also write down questions you want to ask or concerns you may have. Please be honest about what you are taking as this will help in the consultation. You can always bring a relative, friend or carer with you, especially if they help you take your medication.

