

Polypharmacy and Medicines Review

Information for Patients and Carers

What is Polypharmacy?

Polypharmacy is when someone is taking lots of medicines. Sometimes this can cause problems including unpleasant side effects, interactions between medicines, and difficulties with having to swallow so many tablets.

What is a medicines Review?

A medicines review is a chance to go through all the medicines you are taking, and to discuss any issues you may be having. It can be carried out by a doctor or a pharmacist.

What might we talk about?

We will go through all of your symptoms and medicines, to find out if

- You still need all the tablets you are taking
- Your medicines are working (i.e. doing the job they are supposed to do)
- Any of your tablets are causing you problems
- Any of your tablets are interacting with each other in a negative way

Other things you might want to discuss

We will also discuss how you feel about your medicines, and answer any questions you may have. The sorts of questions people sometimes want to ask are:

- Why am I taking this medicine?
- When and how am I supposed to take this medicine?
- What are the risks of taking this medicine?
- What should I do if I become ill while taking this medicine?

What will happen next?

We may make recommendations about changes to your medicines, which could include

- Stopping or starting medicines
- Changing doses
- Changing how often you need to take the medicines

How long will it take?

These discussions take up to an hour.

What should I bring?

It would be very helpful if you could bring all your medicines to the appointment, including any herbal or over-the-counter medicines that you take regularly.

Can I bring someone with me?

Yes, you are very welcome to bring a family member or friend if you would find it helpful.

Who should I contact about making an appointment?

You can call us on....

If you need a large print, audio, braille, easy read, age-friendly or translated copy of this document, please contact us on XXXX XXXX. We will try our best to meet your needs.



We are committed to delivering top-quality patient care, excellent education and world class research

Safety
Kindness
Teamwork
Improving

First published: Sign off text style
Date last reviewed:
Date next review due:
Leaflet code:
© University College London Hospitals NHS Foundation Trust