



## Review Medications with Your Doctor or Pharmacist: 5 Tips for Success

Many people take more than one prescription and use over-the-counter medications. As we grow older and our bodies change, taking multiple medications increases the chance of side effects and risk of falling. It is important to review your medications often with your doctor and pharmacist to make sure your medications are not increasing your risk of falls and other problems.

- 1. Take prescriptions only as prescribed.** Follow medication instructions such as when to take, how often, how much, and with or without food. Do NOT skip doses, take multiple doses, or take any medications that were not prescribed to you.
- 2. Keep a list of your medications.** Keep an up-to-date list of all your medications, including prescriptions (those taken by mouth, applied to the skin, eye drops, and injectables), over-the-counter medications, herbal supplements, and vitamins and minerals.
- 3. Set reminders for a medication review.** Bring your medication list to your doctor or local pharmacist, have them reviewed, and ask questions about your medicines. Make sure to get your medications reviewed at least once a year, if a new medication is added, or if your health changes.
- 4. Report side effects.** Some medications can cause side effects that make you dizzy or woozy, sleepy during the day, confused, need to urinate more often, and can even affect coordination in your legs. Talk with your doctor if you are experiencing these problems.
- 5. Stick to one pharmacy.** Using one pharmacy will keep you safer as the pharmacist tracks all the medicines you are taking. They can contact your doctor if they identify any medicines that do not work well together, that may be similar to another medication you are taking, or too high a dose.