

HOW SHOULD I PREPARE FOR A CONVERSATION WITH MY DOCTOR OR PHARMACIST?

There are some steps you can take to make it easier to talk to your health-care provider about your medications.

Being prepared can help both you and your healthcare provider feel more confident about your medications.

- Always have an up-to-date list of your medications, including when you start new medications, when your dose changes, and when you stop taking something. Bring this list to your appointment.
- Include any over-the-counter medications like Tylenol, as well as any vitamins or supplements you take.
- Make an appointment just to talk about any concerns or questions you have.
- Before your appointment, write down your questions; this way, you won't have to worry about missing something important.
- Bring a notepad to your appointment so you can write down the answers to your questions. If you have trouble writing, bring someone you trust to your appointment (a spouse, friend, PSW) so they can take notes for you.

WHAT QUESTIONS SHOULD I ASK?

Whether you're starting a new medication or have had the same prescription for years, it's important to make sure you and your healthcare provider understand each other. Here are some questions you can ask your doctor or pharmacist.

- What is the name of this medication and what is it for?
- When should I take this medication and how much should I take?
- How will I know if this medication is working the way it should?
- What side-effects should I look out for?
- What should I do if I have side-effects?
- Can this medication interact with any of the others I already take?
- How long should I take this medication? When should it be reviewed?
- Am I taking any medications I no longer need? Can I stop or reduce the dose of this medication?

Always speak to your doctor, pharmacist, or nurse before changing or stopping any medication.



For more information visit the
Bruyère Deprescribing Research Team at
www.deprescribing.org



deprescribing.org

Talking About Your Medications

You are an **important** part in
managing your **prescription**
medications for your **best health**



INSTITUT DE RECHERCHE

Bruyère 
RESEARCH INSTITUTE

YOUR HEALTHCARE PROVIDER NEEDS YOUR HELP TO MAKE THE BEST DECISIONS ABOUT YOUR MEDICATIONS.

Your circle of care is made up of you and the healthcare practitioners—like your family doctor and your pharmacist—who work together to make sure you are getting the medical care that best suits your needs and goals. This includes finding the right prescription medications for you.

Your role in the circle of care is just as important when it comes to decisions about your medications. In fact, all the members of the circle of care are experts with their own contribution to make.

YOUR PHARMACIST

Your pharmacist is a medication expert. They are highly trained and knowledgeable about safe and effective medication use. They can:

- Counsel you on how to use your medications and help you feel confident about taking them
- Answer your questions and address your concerns about new and existing prescriptions
- Monitor and review your prescriptions to make sure they're working the way they should
- Talk with your doctor to start, adjust, or stop medications as your needs change
- Offer non-drug options to help manage symptoms
- Identify potential side-effects or interactions

YOUR CIRCLE OF CARE FOR MEDICATION MANAGEMENT



Some other experts that might be part of your circle of care can also answer your questions about your medications. These include nurses and nurse practitioners as well as any specialists you see, such as the doctors who help take care of your heart health, diabetes, or other chronic condition.

YOUR DOCTOR

Your doctor is an expert in medical care. They use their expertise and your input to find the best treatments for your needs. They can:

- Answer your questions about your medications and possible alternatives
- Discuss issues you may be having with your current medications
- Work with you to determine your health goals and how to achieve them
- Help you feel comfortable and confident about discussing your medications

AND YOU!

You are an expert on your needs, goals, and how your medications make you feel. By providing your healthcare providers with the best information you can, you're contributing to your health and quality of life. You can:

- Come to your appointments prepared with your questions and concerns
- Provide your doctor and pharmacist with the most accurate information possible about your health and medication history
- Ask questions about things you don't understand or need more information about
- Inform your healthcare provider of your goals and preferences regarding your medications; you might have something different in mind than they do
- Let your doctor or pharmacist know if you have concerns or are having trouble with your medications.