

# Are your medicines working for you

When you're taking multiple medicines it can be difficult to know if all those medicines are still doing what they need to do. The body changes over time and therefore some medicines might not be appropriate anymore.

Ask yourself, are your medicines working for you?

**The more medicines you take, the more likely you are to experience side effects.**



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**HERE  
TO  
HELP**

## Your medicine checklist

If you're taking multiple medicines you might already have been asked these questions:

- Do you think your medicines are improving your health or stopping your health from getting worse?
- When was the last time you didn't take at least one of your medicines?
- Have you experienced any unwanted side effects from your medicines?

## Book a medicine review

It's important that your medications are reviewed regularly...

- There could be a better alternative
- They may not still be right for your needs
- Your condition may have changed, and the medicines you were prescribed may no longer be appropriate

You shouldn't stop taking your medication without support. If you feel that your medicines aren't working for you or you are taking more than ten prescribed medicines, it's time to book a review with your practice pharmacist.