

Health and Social Care is committed to making information as accessible as possible and to promoting meaningful engagement. Requests for this leaflet in another format or language will be considered.



Further information is available at the following websites:

Professional standards for doctors, nurses and pharmacists:

General Medical Council (GMC) Home Page

www.gmc-uk.org

Nursing and Midwifery Council (NMC)

Home Page

www.nmc-uk.org

Pharmaceutical Society of Northern Ireland

(PSNI) Home Page

www.psni.org.uk

Reporting Side Effects of Medicines

Yellow Card Scheme

www.yellowcard.mhra.gov.uk

Information on Medicines

British National Formulary – includes children (registration required)

www.bnf.org

Electronic Medicines Compendium

www.medicines.org.uk

Medicines for children – practical advice

www.medicinesforchildren.org.uk

Have you had your annual medication review?

If you are taking regular repeat medicines, you should have an annual medication review



What is a medication review?

A medication review is a chance for your GP to review the medicines that you are taking. Some things that he or she may want to check with you during the review include:

- Do you know why you are taking each of your medicines?
- Do you still need the medicines?
 - Remember you always have a choice when it comes to taking your medicines, but it's better to check with your GP or pharmacist before stopping a medicine.
 - Many medicines are meant to be taken long term.
 - Some medicines are for short term use only and may have risks if taken long term e.g. sleeping tablets, laxatives, certain pain killers.

Did you know that the cost of medicines wastage in NI is around £18 million per year?

- Are you having any side effects? e.g. some pain killers may cause constipation. If you think that you have experienced a side-effect from a medicine, it is important to discuss this immediately with your doctor or pharmacist. You can also report via the national Yellow Card Scheme (website can be found on back of leaflet) so that we can make medicines safer.
- Is your medicine still working? e.g. you may need a blood pressure check.
- Do you need any blood tests carried out? e.g. to check how well your kidneys are working.
- Are your medicines still the best ones for you?
- Your GP may also want to change your medicine to one which will work just as well but could save the NHS money. This money could be redirected into other services such as hospital appointments and operations.

Most importantly, the review means you can ask any questions you may have about your medicines.

If you are coming for a medication review:

- Please bring all of your medicines with you to the review, including tablets, creams, inhalers and any medicines you have bought. Please also bring any medicines that you no longer take and tell the GP why you don't use them e.g. doesn't work, side effects, not needed.
- If there is someone who helps you to manage your medicines (e.g. a family member), you may find it helpful to bring them along to your review.
- Please think of any questions you may wish to ask at the review. It can be helpful to write these down and bring them with you to the review. You might also want to write down the answers to your questions during the review so you can refer back to the information your doctor gives you at a later stage.

If you would like a review, please contact your surgery to make an appointment