

Tips When Taking Multiple Medications

1. Talk to your pharmacist about a medication review especially if you are unsure why a medication was prescribed.
2. Tell your doctor if you are taking medications prescribed by other doctors.
3. Tell your doctor or pharmacist if you are taking non-prescription medications such as medications for allergies, pain or dietary supplements, (herbals, vitamins, mental health, sleep etc.).
4. Keep an up-to-date written list with you of all medications
5. Write down any new changes you experience.
6. Use a pill box.
7. Remember, you should always know what medications you are taking and why you are taking them.

Please write any questions you have for your **Doctor or Pharmacist** below:

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Managing Multiple Medications for Better Health



What is Polypharmacy?

Taking multiple medications together to manage health problems, such as diabetes, high blood pressure, cholesterol, depression, anxiety or mental health medications is called polypharmacy.

Are you at risk?

If you are aged 65 or older and take five (5) or more medications (over the counter and/or prescription) you may be at risk. While these medications can help maintain health and prevent further illness, taking multiple medications means that you can be at risk for unwanted medication interactions, and side effects.



At-Risk Questionnaire

If you answer 'yes' to any of these questions, you may be at risk.

- Do you take medications more than once a day?
- Do you see more than one doctor for different health problems?
- Do you use different pharmacies to fill your medications?
- Do you live alone, have difficulty seeing or hearing?
- Do you take herbs, vitamins or over-the-counter products?
- Do you forget to take your medications completely or at the correct time?

What should you do if you are at risk?

Your Doctor and Pharmacist should be carefully monitoring your medications. Taking multiple medications is not always harmful. However, if you feel that you are taking too many medications or are experiencing the common signs listed; speak with your doctor or pharmacist.

Common signs of unwanted side-effects from Polypharmacy

- Loss of appetite
- Diarrhea
- Blurred Vision
- Tiredness
- Reduced alertness
- Confusion
- Hallucinations
- Falls
- Weakness and Dizziness
- Skin rashes
- Depression
- Anxiety
- Excitability

