Questions you could ask at your medication review or MUR? (These are just suggestions)

- What does this medicine do?
- How and when should I take it?
- How do I know the medicine is working?
- How do my medicines mix with other non-prescription medicines, vitamins or supplements I take?
- How do my medicines mix with food and drink, is there anything that I should avoid eating or drinking with the medicine(s)?
- What side effects are most likely from this medicine, and what should I do if I get these effects?
- What if I stopped taking my medicine, miss a dose or took a lower dose?
- Is this medicine necessary, if so how long will I need to use it?
- Is there anything that can help to remind me to take my medicines?
- Can I have easier to open containers?

Remember

If there is an urgent problem with your medicines, don't wait for a medication review or MUR. Talk to a pharmacist or a doctor straight away.

For general health advice or information concerning your medicines please contact your local community pharmacy, or GP surgery. You can also find information on conditions, symptoms and treatments, or medicines on the NHS website:

www.nhs.uk/conditions/
www.nhs.uk/medicines/

If you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. You can also get help or advice from NHS 111 online https://111.nhs.uk/

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NHS
Camden
Clinical Commissioning Group

A patient guide to **medication review**

Discuss your medicines at the GP practice

Working with the people of Camden to achieve the best health for all

What is a medication review?

A medication review is a complete check on all your medication to make sure that the medicine you are taking is working effectively.

The review is intended to improve the quality of your treatment.

Why should I have a medication review?

The medicines you use need to be checked regularly especially if you are taking more than one medicine or long-term medication. This should happen even if you are under hospital, private or specialist care. It will help to identify any side effects or problems with your medication.

The medication review meeting is free and won't take up too much time. It will give you the opportunity to talk about any concerns or worries you have about your medicines.

What will happen at a medication review?

You will have a discussion with the health care professional, who will speak to you about your medicines, making sure you fully understand their purpose, and that they meet your needs. It will also be an opportunity for you to ask any questions you have about your medicines.

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You may need to have some monitoring tests to make sure you are on the best medication for you. You will be able to talk openly and your questions or worries will be listened to.

Who will carry out the medication review?

An expert in medicines - usually a doctor, practice based pharmacist, or nurse employed by the practice. The meeting is confidential. Whoever you talk to, the details will be kept private.

How do I make an appointment for a medication review?

Speak to the receptionist at your GP practice to book your appointment.

What happens if I can't get to the GP practice?

Everyone is encouraged to come to the practice, but if you are housebound, let the practice staff know so alternative arrangements can be made.

How often do I need a medication review?

The frequency may vary depending on the type and number of medicines you take. However, we usually recommend at least once a year, but more often if you take many medicines or certain types of medicines. Your GP can advise you as to how often you need a medication review.

What do I need to bring?

It is helpful to bring all of your medicines (tablets, inhalers, creams, ointments and eye drops) with you, or write a complete list of everything you take; including any medicines you bought at the pharmacy or other shops, such as vitamins or herbal remedies.

You may also find it useful to bring a list of questions you want answered, so nothing is forgotten.

If there is someone who helps you manage your medicines such as a family member, friend or carer, you might find it useful to bring them with you to your review.

What happens afterwards?

The medicines you are prescribed may change, or be stopped. This will not happen without your knowledge. You will need to agree on any changes.

A note to say the review took place and any changes to your medicines will be recorded into your medical notes.

A date for your next meeting will usually be agreed at the medication review.

Your GP might suggest that you also have a medicines use review (MUR) at your local pharmacy.