



**MANY
MEDICINES
SHOULD NOT
BE STOPPED.**

**ALWAYS
TALK TO THE
DOCTOR
BEFORE
STOPPING A
MEDICINE.**

QUESTIONS FOR THE DOCTOR



MANAGING MEDICATION

Could you benefit
from taking fewer
medicines?

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Bayliss EA, Shetterly SM...Boyd CM. Deprescribing Education vs Usual Care for Patients With Cognitive Impairment and Primary Care Clinicians: the OPTIMIZE pragmatic cluster randomized trial. *JAMA Intern Med*. Published online March 28, 2022. doi:10.1001/jamainternmed.2022.0502



COULD YOU SAFELY TAKE FEWER MEDICINES?

Talking about medicines with your doctor

Consider talking to your doctor about whether one or more of your medicines could be safely stopped.

Always talk to your doctor before stopping a medicine

Why some people take fewer medicines

- Possible effects of medicines may change over time
- Some medicines cause sleepiness, confusion, dizziness and falls
- Many people feel better when they take fewer medicines
- There may be ways to treat your health problems without medicine

What To Do

Plan for your next visit

At your next visit talk to your doctor about your medicines. If someone comes to your visits with you, share this information with them before the visit.

Review your medicines

Bring a list of your medicines to your next visit. And, if you can, bring along your pill bottles too.

Write down some notes and questions for your doctor about medicines

Write down any questions you may have about your medicines and take these notes to your next visit.