Could you benefit from taking fewer medicines?

MANY MEDICINES SHOULD NOT BE STOPPED.

ALWAYS TALK TO THE DOCTOR BEFORE STOPPING A MEDICINE.

QUESTIONS FOR THE DOCTOR

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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.