



“Mixing up your medications can be a recipe for trouble.”

Margaret Fulton

## A Home Medicines Review is nothing to worry about

The Home Medicines Review is not a way of ‘checking up on you’ or talking to the GP behind your back. A Home Medicines Review cannot be done without your consent and you choose the pharmacy. It’s a good way to improve your relationship with your GP, because they can get the full picture on the medicines you’re using—both prescription and non-prescription.

## What does it cost?

The pharmacist’s fee is paid for by the Government and if your GP bulk bills (and for Home Medicines Reviews, most do) it won’t cost you a cent. If you do need to pay your GP, you can claim most of the money back through Medicare, so you’ll be out of pocket by less than \$20.

## More information

To find out more about Home Medicines Reviews, just talk to your pharmacist or to your GP or phone:



If you take a number of different medicines, it’s worth asking your pharmacist or GP about a Home Medicines Review.

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## What are Home Medicines Reviews?

A Home Medicines Review is a way for your pharmacist and GP to help you manage your medicines at home. Your GP gives you a referral to the community pharmacy of your choice. The pharmacist then talks with you, preferably in your home, and makes a written report back to the GP, who discusses the recommendations with you.

## Why are they a good idea?

If medicines aren't used properly, or if the wrong ones are used together, the results can be serious. More than 140,000 Australians have to go to hospital each year with problems caused by their medication. It has been shown that, in up to 69% of these cases, the problem could have been avoided. Older people, because they often take a number of different medicines, are particularly at risk.

## Who needs one?

Can you, or someone you know, answer 'yes' to any of these questions?

**Do you take more than five medicines a day?**

**Are you confused or worried about your medicines?**

**Do you sometimes forget to take your medicines?**

**Do you see more than one GP or specialist?**

**Have you recently spent time in hospital?**

If so, it might be a good idea to ask your pharmacist or GP about a Home Medicines Review.



## How do they help?

Many people have already been helped by Home Medicines Reviews. This can be as simple as the pharmacist:

- showing you how to take your medicines correctly;
- explaining why and when you should take them;
- explaining where medicines should be stored;
- checking that your prescription medicines, over the counter medicines and vitamins are appropriate to take together;
- checking that any equipment is in working order; and
- checking that you are using the correct technique.

As a result of a Home Medicines Review, people say they understand more about managing their condition themselves and more about their medication. They also know when they actually need to see their GP and are often able to reduce their visits.

