



Healthy Bites Episode 29 – Home medication review

Hi, my name is Claire, and I'm a pharmacist at Central Coast Health.

A home medication review is a way that an accredited pharmacist can check the medicines you are taking at home to ensure they are safe. This is important as, for many of us, the number of medications we take will increase as we get older, which can have an effect on things like our balance and energy levels.

At a home medicine review you can work with a pharmacist to check that you are taking your medicines correctly and your medicines are working for you.

It's a good idea to ask your doctor for a home medication review if you:

- take lots of medicines
- have medicines prescribed by different doctors
- start a new medicine
- have recently been in hospital
- feel unwell after taking medicines
- don't always remember to take your medicines
- or are concerned about your medicines.

So, if you think your medicines are affecting your daily life, talk to your doctor who can assess whether you need to continue taking some of them. If they think you will benefit from a free home medication review, they will write a referral to an accredited community pharmacist to organise an appointment time.