



MEDICINES – MAKING DECISIONS

DISCUSS YOUR TREATMENT OPTIONS WITH A HEALTH PROFESSIONAL

To determine whether a medicine or other treatment is right for you when you are older, talk to your doctor, pharmacist or other health professional.

YOUR DOCTOR, PHARMACIST OR OTHER HEALTH PROFESSIONAL WILL NEED TO KNOW ABOUT:

- your current health problems
- what you want to achieve with your health and wellbeing (your treatment goals)
- any side effects and other medicine problems you may experience.

WHAT CAN I DO?

You can work with your health professionals to make the best decisions about your medicines by:

- Preparing a list of questions to ask about your health and medicines.
- Asking for the consumer medicine information (CMI) for your prescription and pharmacist-only medicines.
- Checking whether any non-prescription and complementary medicines can interact with your current medicines before you take them.
- Talking about any changes in how you feel, especially when taking new medicines or doses.
- Asking about a medicines review and any other services or resources that can help you.

*Adapted from NPS MedicineWise (2013), [Discuss your treatment options with a health professional](#).
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