

WISE and WELL with Donna Bartlett

Questions to Ask About Your Medications

Highlight the questions that fit your concerns.

Questions TO BRING with you to your next doctor's appointment.

- Are there any medications that I am currently taking that may no longer be necessary?
- Are there any medications that may be dosed too high for my age, health status, kidney function or other medications I am taking?
- Are there safer medications I could be taking?
- Can any of my medications or combination of meds increase my risk of falls or bleeding?
- Am I taking any medications due to side effects of another med (prescribing cascade)?
- Tell the provider that you want to take a proactive approach to reducing your risk of poor outcomes as you age, especially preventing falls and cognition deficits, or any other concern you may have.

When medications become too much and too expensive.

Questions to ask yourself and to be truthful about with your health care providers:

- Are you having to choose the medications that you take due to affordability issues?
- Do you take your medication differently than how they were prescribed to “stretch it out”, for example, every other day or just when needed even though it is a prescription needed daily?

Questions to ask when an older adult is hospitalized:

- Could any of my medications, prescription, OTC, herbal, or supplement have contributed to this condition?
- Could my medications have interacted to have caused my hospitalization, for example, medications that have additive effects/side effects?
- Are there any medications that are unnecessary or that you think we should discuss with the primary care physician or specialist?
- Are there any medications, OTCs, supplements, that may be interacting with blood tests or any other tests or procedures?

Questions to ask when being discharged from the hospital:

- Are there changes to my medications and how I should take the meds?
- Are there medications that are similar to medications that I take at home, as I do not want to duplicate my medications?
- Are there any medications that are being stopped?
- How long should I take any new medications for? Are some just for a short period of time or just when needed?

My specific questions or specific medications to ask about:
