

## Your Guide to A New Type of Medication Review

The NHS is now offering a **new service**. A '**Structured Medication Review**' is a very thorough review of your medicines, usually with a pharmacist based at your surgery who works closely with your GP.

### Why have a Structured Medication Review?

A Structured Medication Review will check that you are taking the right medicines for your problems, are not suffering any side effects and will help you to get the best out of your treatments.

### Where will my review take place?

During the pandemic, most reviews will take place remotely, but there may be some occasions where we will want to see you in the surgery.

### Preparing for your Structured Medication Review

Please make sure you gather all your medicines together before the review. By medicines we mean anything you take, including tablets, liquid, inhalers, creams, ointments and drops. It also includes any medicines or herbal medicines you may buy from your community pharmacy (chemist), health food shop or supermarket. If you are coming into the surgery, then please bring all these along with you.

If there is someone who helps you manage your medicines then it may be helpful to have them with you at the time of the review, whether this is at home or at the surgery.

You may want to write down a list of questions to ask the pharmacist, such as:

- ◆ How do my medicines work?
- ◆ Am I taking my medicines correctly?
- ◆ Do I still need to take them?
- ◆ How do I know if they are helping?
- ◆ Why do I have to take so many tablets?

### What will happen during a Structured Medication Review?

It is important for you to think about what matters to **you** about your medicines. The pharmacist will try to address any concerns you may have about your treatment, will go through all your medication with you, and will ask you some questions. They will also check your medical notes. The pharmacist may then suggest some changes to your medicines. They will explain these changes and why the change will benefit you.

The review is likely to be around **30** minutes long.