

# Should you talk to your doctor about your medicine?

**\*DO NOT make any changes to your medicines without first talking to your doctor.**

## Step 1: Look at your medicines.

For each question, first write down your number, then circle the green or yellow box that goes with it.

**How many do you take every day?**

*Include prescriptions, over-the-counter medicine, supplements and vitamins  
Each pill bottle or package--like an inhaler or tube--counts as one medicine*

\_\_\_\_\_

Fewer than five

Five or more

**How many times a day do you take medicine?**

\_\_\_\_\_

Once or twice

Three times or more

**How many different types of medicine do you take?**

*Examples: pills, creams, eye drops, inhalers, shots*

\_\_\_\_\_

One or two

Three or more

**How many of your medicines have special directions?**

*Examples: take at bedtime, take on an empty stomach, take different doses on different days*

\_\_\_\_\_

Zero or one

Two or more

## Step 2: Check your score

Add up the numbers you wrote above \_\_\_\_\_

Did you circle any yellow boxes? Yes ☐ No ☐

## Step 3: Talk to your doctor

Is the number you wrote in Step 2 more than eight (8) OR did you answer “yes” in Step 2?

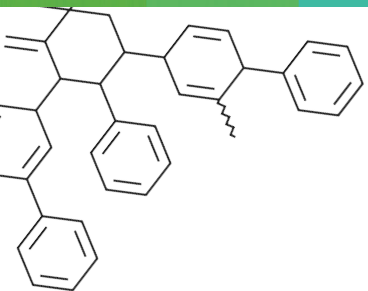
If so, ask your doctor if you still need all of your medicines or if there is a way to make your medicine simpler to take.

### References:

JAMA. 2015;314(17):1818-1831

Am J Manag Care. 2009;15(6):e22-e33

Annals of Pharmacotherapy 2014, Vol. 48(1) 26-32.



*Could you be taking more medicine than you need?*

*Are your medicines not simple to take?*



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