

Medication checks are usually short appointments with a doctor or nurse practitioner. It can be very helpful for you, your family, and the doctor to prepare for the office visit ahead of time.

Some things you might want to think about before, and possibly in the appointment, are listed below:

Write down a few concerns that you and/or your family want to be sure to discuss with the clinician.

- Think about any questions for the clinician about the effects of any medications that are being taken.
- Talk about any changes that have been noted in symptoms since the last visit.
- Tell your doctor about any troublesome symptoms that you have noticed. These symptoms may possibly be side effects of the medication.
- Ask questions about how to take the medicine. Questions can include what time of day, the amount of medication, whether the medication is taken with food, etc. You or your family may even bring the bottle(s) along to the appointment.
- Notes on any problems with taking the medication (times it has been missed, any difficulty taking it, or in receiving it from the pharmacy, etc).
- If you have changed to a new pharmacy to fill prescriptions, bring the name, address, and phone number of the pharmacy.
- Any information about changes in your medical conditions or any allergies to medications that the clinician hasn't heard previously.



Additional tips for family members if the person is not able to participate in appointments on their own:

If your family member has difficulties with sitting in doctor's waiting rooms or with doctor's appointments in general, it is a good idea to call the doctor or office staff a day or two before the appointment to discuss these issues. Often, the office can put plans in place to make the visit go as smoothly as possible. If possible, one thing that can be very helpful is for both the usual support person and one or two family members to accompany the patient to the appointment.

