

PLANNING FOR A CHANGE: WHEN MY MEDICINES MAY BE CAUSING SIDE EFFECTS

You and your doctor have decided to change a medicine that may be causing certain side effects like forgetfulness or feeling unsteady. These are sometimes called anticholinergic (*an-tee-koh-li-nur-jik*) side effects.

Other anticholinergic side effects can include:



Forgetfulness



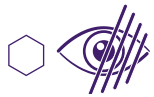
Confusion



Feeling unsteady



Dizziness



Blurry vision,
dry eyes



Dry mouth



Constipation



Trouble
urinating

Other _____

Use this resource to help you and your doctor plan any medicine changes and to keep track of how you are feeling.

What's involved in making changes to my medicine?

Make a plan with your doctor and pharmacist



- ▶ With your doctor, work out clear steps for changing your medicine.
- ▶ Most of the time, your medicine dose will be reduced slowly. This can take several weeks or even months.
- ▶ Your pharmacist can help to set up the correct dose to take each day or week.

Check how you are feeling



- ▶ You may need to see your doctor more often while you make changes. This is to see how you are going and talk about any new problems you may be having.
- ▶ Between visits, write down how you feel. Do you have any new symptoms? How are you coping with your other health conditions? Take this list to your next doctor's appointment so you can talk about what is going on.

Find other ways to manage your health



- ▶ Ask your doctor for advice about other treatments or things you can try to keep you feeling well as you make changes to your medicine.

Know when you need help



- ▶ It can be worrying when your medicines are changed. Ask your doctor if there are any symptoms that need urgent care and where to go for help.

For more information

- ▶ NPS MedicineWise nps.org.au/falls-confusion-is-it-my-medicine
 - Side effects from your medicines? 5 questions to ask
 - Exploring my options: When my medicines may be causing side effects
 - How a medicines review can help you get the most from your medicines

Name: _____

Date: _____

Step 1: Make a plan with my doctor

Reduce dose My medicine name: _____

From this date	My dose will be	Notes (eg, number of tablets, take how many times each day, before or after a meal)
		eg, 1 tablet, twice a day after food

Stop taking your medicine on this date: _____

Switch to a new medicine Add this to your medicines list: _____

Download the [MedicineWise app](#) to keep track of your medicines and store health information such as blood test results.



Step 2: Checking in

Keep track of how you're feeling and discuss with your doctor at your next appointment

Date/dose	How are my side effects?	How am I feeling, in my mind, body and lifestyle?
	eg, I'm feeling steadier on my feet	eg, I'm not sleeping as well but I'm coping and still able to get through my day

Step 3: Things I can do to stay well

Symptom	I can...
eg, difficulty sleeping	eg, exercise daily, practice relaxation techniques with a podcast or CD

My next appointment: _____

Contact your doctor if your symptoms become worse or you have any concerns about your medicine