



CPIN
Canadian
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Information
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RCIP
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d'information pour
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première ligne

Keeping your medications safe and simple

Taking several medications at the same time — known as polypharmacy — is common, especially for adults managing more than one health condition. This can include prescription drugs, over-the-counter medicines, vitamins, or herbal supplements. While each medication may have an important role, using many together can increase the risk of side effects, drug interactions, memory problems, or falls. These risks can be higher in older adults or in people with multiple medical conditions.

Even if your prescriptions have been the same for years, your health needs may have changed. Some medications may no longer be necessary, while others might be replaced with safer or simpler options. That's why a regular medication review with your health care provider is so important. During this review, we will:



- Look at every medication you take, including prescriptions, over-the-counter drugs, and supplements.
- Check that each one is still needed, effective, and safe for you.
- Identify any medications that may be causing side effects or could interact with others.
- Explore ways to simplify your routine without compromising your health.

For more
information,
[click here](#)

Medication reviews are a safe, proactive way to protect your health and ensure that every medicine you take is still the best choice for you. A medication review should be done at least once a year for people on stable long term medications and more often if there are changes in your condition or medications.