

# **WISE and WELL with Donna Bartlett**

## **Deprescribe to Optimize Medication Checklist**

- **Gather all medications you take**
  - **Daily**
  - **Weekly**
  - **Every other day**
  - **Occasionally**
  - **As needed**
  - **Other**
    - Remember to consider:**
    - **Prescriptions**
    - **Over the counter**
    - **Vitamins/supplements**
    - **Herbals/specialty teas or drinks**
    - **Inhalers**
    - **Eye/ear drops**
    - **Topical creams and lotions**
    - **Nasal medications**
    - **Cough drops**
    - **Dry mouth products**
  
- **Make a list of all your medications using the Wise and Well Medication List Template**
  - **Know why you take each medication**
  - **Does the condition still exist?**
  - **Is the medication helping the condition?**
  - **Note any problems that you may be self-medicating for “tolerating”.**

- **Make a list of questions you have about your medications using the Wise and Well Question List**
  - **Are all the medications still necessary?**
  - **Do some increase the risk of falling?**
  - **Is this the safest medication I could be taking?**
  - **Are my medications at a correct dose for my age and my kidney function?**
  
- **Talk with your doctor(s) and decide if any of your medications can be deprescribed (stopped, reduced, or changed to a safer medication) and write it down.**
  
- **Make a plan – Use the Wise and Well Deprescribing Form**
  - **Be clear on any new instructions**
  
- **Monitor and Follow-Up**
  - **Check if you need to have labs drawn after a change**
  - **Check to see if you need to monitor for anything at home for example blood pressure, weight, mood**
  - **Know when your next appointment is scheduled**
  
- **Note that this is a continuous process that is just like taking medications, refilling medications, or asking for new prescriptions. Ask if your medications need to be continued or if a new medication needs to be prescribed or are you treating a side effect of another medication.**