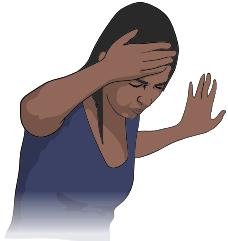


Problems from your medicines?

Medicines can help you feel better. Sometimes they can cause unwanted effects (*side effects*) such as:



Feeling dizzy,
unsteady



Dry
mouth



Blurred
vision



Confusion



Constipation

These could be side effects from one or more of your medicines.

Your doctor might call them anticholinergic (*an-tee-koh-li-nur-jik*) side effects.

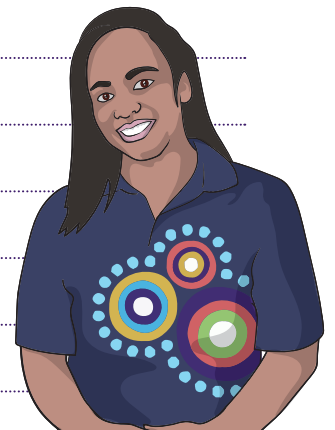
For some mob the side effects don't cause many problems.

But for some mob the side effects can lead to big problems. Like having a fall or going to hospital.



Ask your health worker to write down any medicines you're taking that can cause these problems

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Make sure you tell your doctor if you notice any of these problems



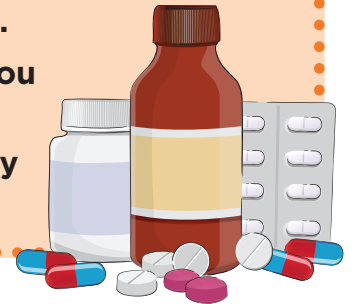
Your doctor can find out what's making you feel sick.

If it's your medicines, the doctor may change some of your medicines. This might mean taking a smaller amount of the medicine, stopping or changing to a different medicine.

Make sure you talk to your doctor or pharmacist before stopping or changing any of your medicines.

Some medicines can make you very sick if you stop or take less.

Your doctor or pharmacist will make sure any changes are safe for you.



Your doctor may not be able to change or stop your medicines. They might suggest other things to help you feel better. This could be using mouth wash for a dry mouth. Or walking with a walker if you're dizzy.

5 questions to ask your doctor or pharmacist about your medicines

- 1 Why am I taking this medicine?**
- 2 What are the side effects?**
- 3 What can I do about side effects?**
- 4 What happens if I don't do anything?**
- 5 Are there other things I can do to feel better?**



**Choosing Wisely
Australia**

An initiative of NPS MedicineWise

nps.org.au

Level 7/418A Elizabeth Street Surry Hills NSW 2010

PO Box 1147 Strawberry Hills NSW 2012

☎ 02 8217 8700 📠 02 9211 7578 ✉ info@nps.org.au

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