AgelessCoach™
AGE STRONG. LIVE LONG.

Medication Review: Questions and Next Steps Sheet

The 6 questions to ask, the one list your doctor needs, and the side effects that get mistaken for aging.

✓ **Verified against published guidance** from the National Institute on Aging, the FDA & Cleveland Clinic · sources below

Call your doctor right away if you have any problem with your medicines, or if you are worried a medicine might be doing more harm than good. NIA says not to stop taking it before you talk with a provider.

✓ Do This

Write the One List First

- Every prescription, OTC, vitamin and supplement
- Name, amount, and when you take it
- Who prescribed it and why

COACH'S TIP One copy at home, one in your wallet or phone.

Ask What Each One Treats

- Name the condition for every bottle
- Including the ones you rarely take
- Including anything a specialist added

COACH'S TIP If you cannot answer, the review is overdue.

Ask If You Still Need Them All

- NIA says ask this at every visit
- Bring the full list to the question
- Include anything started by another doctor

COACH'S TIP The question nobody asks on your behalf.

Name Fogginess, Dizziness or Sleepiness

- Say when each one started
- Say what changed around then
- Ask if a medicine could be the cause

COACH'S TIP The FDA names these three by name.

Ask Before Stopping Anything

- Some medicines are unsafe to stop abruptly
- Ask how any change should happen
- Ask what to watch for afterward

COACH'S TIP Stopping is a plan, not a decision.

Use One Pharmacy

- Your whole record sits in one place
- The pharmacist can flag interactions
- Ask about a patient profile

COACH'S TIP One record is what makes the warnings work.

✗ Do Not

Do Not Assume Old Doses Still Fit

- Liver and kidneys slow with age
- That changes how drugs leave your body
- A long-standing dose can drift too high

COACH'S TIP The FDA says they may need adjusting later in life.

Do Not Leave Supplements Off the List

- Supplements interact with prescriptions
- So do herbal remedies and OTC drugs
- Mention even the occasional ones

COACH'S TIP NIA says mention everything. It means everything.

Do Not Stop a Medicine on Your Own

- Side effects get reported, not acted on alone
- Write them down as they happen
- Ask about alternatives instead

COACH'S TIP Report first. Change second.

Do Not Double Up on Active Ingredients

- Two products can share one ingredient
- Learn the active ingredient names
- The pharmacist can check for you

COACH'S TIP Different labels, same drug, double the dose.

Do Not Blame Everything on Age

- Memory difficulties can be a side effect
- So can dizziness and sleepiness
- Ask before accepting the explanation

COACH'S TIP Age is a possible answer, not the first one.

Do Not Ignore Food and Drink Warnings

- Grapefruit juice affects some medicines
- Alcohol can cause falls and memory problems
- Read the special instructions

COACH'S TIP The FDA uses grapefruit as its own example.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

90%	of adults over 65 take at least one prescription medication
66%	take more than three prescriptions a month
3 years	between revisions of the Beers Criteria list

Sources: National Institute on Aging, Taking Medicines Safely as You Age · FDA, 5 Medication Safety Tips for Older Adults · Cleveland Clinic, Beers Criteria. **Educational content, not medical advice.** Talk with your doctor.