



Planning to Deprescribe (Reduce) a Medication

It's important to be on the fewest number of medications at the lowest effective dose. Use this worksheet with your doctor or nurse to plan for reducing meds. You may want to discuss a few options before choosing one medication to reduce at this time.

My current medications <i>(Include all medications you are prescribed along with their doses and frequency)</i>	
My reasons for wanting to take less medicine	<div><input type="checkbox"/> Too many pills</div> <div><input type="checkbox"/> Side effects are unbearable</div> <div><input type="checkbox"/> Cost is too high</div> <div><input type="checkbox"/> I believe other things can help me more than meds</div> <div><input type="checkbox"/> Meds not helping me</div> <div><input type="checkbox"/> Meds putting my health at risk</div> <div><input type="checkbox"/> In my own words:</div>
What do I hope will happen with less medicine?	
Who should we involve in my deprescribing decision?	<div><input type="checkbox"/> Family</div> <div><input type="checkbox"/> Friends</div> <div><input type="checkbox"/> Peer supporter</div> <div><input type="checkbox"/> Therapist</div> <div><input type="checkbox"/> Primary care doctor</div> <div><input type="checkbox"/> Other medical specialist</div> <div><input type="checkbox"/> Other supports:</div>
As I think about reducing meds with my doctor, is there anything I am concerned about?	

What are the potential benefits and risks of reducing the medication? In this space, you and your doctor or nurse can explore your options. Then list the benefits & risks of each option.

My Options	Benefits of this option	Risks of this option
Example: <i>Continue haloperidol</i>	<i>Less chance of psychosis returning and having to go to the hospital again</i>	<i>Long-term side effects including movement disorders and weight gain</i>
Option #1:		
Option #2:		
Option #3:		
My values/preferences: <i>(e.g. I really value being out of the hospital and being there for my kids)</i>		
Our Plan:		
Team Interventions:		