



DARK SIDE OF MEDICINE



MEDICINE SAFETY SERIES

MS-05

Polytherapy Safety Check

A practical workbook to help patients, carers and families review the safety and effectiveness of polytherapy.

darksideofmedicine.org

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Why This Resource Matters

Polytherapy means using two or more medicines to treat the same condition. Regular reviews can help ensure treatment remains safe, effective and appropriate.

About Me

Name: _____

Date: _____

Condition Being Treated: _____

Healthcare Professional: _____

My Polytherapy Medicines

Medicine	Dose	Why I Take It	How Long Have I Taken It?

Benefits I Have Noticed

- ☐ Has symptom control improved?
- ☐ Has quality of life improved?
- ☐ Are the medicines helping?

Side Effects or Concerns

- ☐ Have side effects increased?
 - ☐ Have I noticed new symptoms?
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Understanding My Doses

- Do I know why each dose was chosen?
- Have doses changed over time?
- Could side effects be dose-related?
- Do I know the maximum recommended dose?
- Are my medicines reviewed regularly?

Taking My Medicines

- I understand when to take each medicine
- I know whether medicines should be taken with food
- I find the schedule manageable
- I sometimes miss doses
- I have concerns about remembering medicines

Questions About My Treatment

- Are all medicines still necessary?
- Are there interactions between medicines?
- Are benefits outweighing risks?
- Could treatment be simplified?
- Are monitoring requirements up to date?

Monitoring and Tests

Blood tests, blood pressure, ECG, weight, other monitoring:

Questions I Want To Ask



Polytherapy Review Summary

What was discussed?

What benefits were identified?

Any concerns identified?

Were any changes recommended?

When is the next review?

Medicine Safety Tip

Polytherapy is not necessarily a problem. Many people benefit from using more than one medicine to manage a condition.

Related Resources

MS-04 Medicine Review Preparation Pack

MS-06 Medicine Timeline

MS-08 Understanding Polytherapy

MS-11 Understanding Medicine Doses

Polytherapy Monitoring Record

Use this page to record how a combination of medicines is working over time.
It can be taken to medicine reviews or appointments to help discuss benefits, concerns, monitoring and changes.

Date	Medicines & doses	Symptoms / control	Benefits noticed	Side effects / concerns	Monitoring / tests	Changes / next review

Things worth noting

Record medicine starts/stops, dose changes, new symptoms, side effects, tests and planned reviews.