**Consultation with a Specialist Pharmacist**

**(at no cost, in the convenience of your own home)**

**Are you?**

* Taking both prescribed and over the counter medicines e.g. vitamins and supplements
* Taking 5 or more medicines
* Not sure about interactions between food and medicines.
* Aiming at optimising use of medicines e.g. reduce number of medicines taken
* Taking medications prescribed by more than one doctor

**Please, ask your GP if you are eligible.**

**Age doesn't matter**

**What is a Consultation with a Specialist Pharmacist (HMR)?**

**A Specialist Pharmacist conducts an interview, preferably in the comfort of your own home, and then writes a report back to the GP. The GP will discuss any recommendations with you and may make appropriate changes to your medication regimen.**

* checking that prescription medicines, over-the-counter medicines and vitamins

 are appropriate to take together

* possibly, reducing the number of medicines you have to take
* improving efficiency of your medicines
* showing you how to take your medicines correctly
* explaining why and when to take them, explaining interactions between food

 and medicines

* explaining where they should be stored
* what to expect when taking them
* what problems you should report to the GP
* clarifying any confusion with generic medicines
* giving you some help so you can remember to take your medicines
* changing your medicines.

 **How much does it cost?**

You do not have to pay anything. The service is bulk billed for eligible patients.