Ask your doctor or pharmacist the following questions about each of your medicines. Include prescription medicines, over-the-counter medicines, dietary supplements, and herbal products. Use this information to complete your **Personal Action Plan**.

**Questions to ask** | **Answers** | **Action plan**
--- | --- | ---
What is this medicine used for? |  |  
Does this medicine interact with others I am taking? |  |  
Could this medicine have side effects that might change my ability to drive safely or increase my risk of falling? |  |  
Is there another medicine or dose I should try? |  |  
If I stop or change this medicine, what side effects should I expect? |  |  