Home Medicines Review

A pharmacist's check of your medicines at home

A Home Medicines Review is a careful check of everything you take, done by a specially trained pharmacist in your own home. It helps make sure your medicines are working well together and are still right for you. You may also hear it called an HMR.

01 WHY A REVIEW HELPS

Medicines do a great deal of good. But the more you take, the greater the chance of side effects, medicines working against each other, or doses being missed or doubled up. What suited you five years ago may not suit you now.

A review looks at the whole picture. It is a chance to ask questions, clear up confusion and make your routine simpler and safer.

02 WHO BENEFITS MOST

Your GP may suggest a review if you:

- take five or more regular medicines, or have a complicated daily routine
- have recently been in hospital, or had medicines started, stopped or changed
- see several doctors or specialists who each prescribe for you
- have had dizziness, falls, drowsiness or confusion
- find it hard to remember doses, or are not sure what each medicine is for

The review is for people living at home who hold a Medicare or Department of Veterans' Affairs card. People living in an aged care home have a separate type of review.

03 HOW IT WORKS

Step	What happens
1. Your GP refers you	Your GP explains the review, asks for your consent and sends a referral to a pharmacist or to the pharmacy you choose.
2. The pharmacist visits	A credentialed pharmacist comes to your home at a time that suits you and goes through everything you take.
3. A report goes to your GP	The pharmacist writes up what they found and what they suggest.
4. You and your GP decide	At a follow-up appointment you agree on a written medicines plan.

Nothing changes until you and your GP agree. The pharmacist advises, and your GP remains your prescriber. Please do not stop or change a medicine on your own.

04 GETTING READY FOR THE VISIT

The visit is a relaxed conversation, not a test. It helps to have these ready:

- **All prescription medicines.** Include inhalers, eye drops, creams, patches and injections.
- **Anything bought without a script.** Pain relief, laxatives, antacids, vitamins, supplements and herbal products.
- **Old medicines.** Anything expired or no longer used that is still in the house.
- **Your questions.** Write them down so nothing is forgotten.

You are welcome to have a family member or carer with you. The pharmacist may ask how and when you take each medicine and where you store them.

05 WHAT MIGHT COME OUT OF IT

- a medicine stopped because it is no longer needed
- a dose adjusted, or a better suited medicine chosen
- fewer doses to remember each day
- a dose aid, such as a weekly pack made up by your pharmacy
- one clear, up to date list of your medicines to share with family and other health professionals

If needed, the pharmacist can check in with you again in the months after the review to see how the changes are going.

06 COST AND HOW OFTEN

- **Cost.** The pharmacist's visit is funded by the Australian Government, so there is no charge to you. Medicare also contributes to your GP's part in the review. Ask reception about any fee for your GP appointments.
- **How often.** Reviews are not routine. Another one can be arranged later if it is needed, or sooner if your health or medicines change in a significant way. Your GP can tell you when you are next eligible.
- **Your choice.** A review is voluntary. You can say no, or change your mind at any time.

SEE YOUR GP IF

- You think a Home Medicines Review might help you or someone you care for
- You have had a fall, new dizziness, drowsiness or confusion
- You have come home from hospital with new or changed medicines
- You are having trouble managing or affording your medicines

GET URGENT HELP

Call 000 if someone has collapsed, is very drowsy or has trouble breathing. For a possible overdose or medicine mix-up:

- Call the Poisons Information Centre on 13 11 26, at any time
- Have the medicine packets with you when you call

This sheet gives general information. It does not replace advice from your GP, who knows your health and your history. **Sources:** Pharmacy Programs Administrator. Home Medicines Review Program Rules. August 2026. Australian Government Department of Health, Disability and Ageing. MBS Online, item 900, Domiciliary Medication Management Review. Accessed October 2026. Healthdirect Australia and Poisons Information Centre. Poisons Information Centre 13 11 26.