

How to download and start using the Polypharmacy: Manage Medicines app

This app is designed to help you to prepare for your medicines review with your GP or pharmacist, and make informed decisions about the medicines you take. It includes:



About Medicines Review – information about the purpose of your medicines review, how to prepare for it, and what to expect



Medicines A-Z – information and key facts about thousands of medicines from [nhs.uk](https://www.nhs.uk) and [nhsinform.scot](https://www.nhsinform.scot), including interactions and side effects



My Medicines – compile and manage a list of the medicines you take, with details of your prescriptions, linking to information in the Medicines A-Z section



Questions for my review – suggests questions for you to answer for your medicines review. You can share your answers with your GP or pharmacist before and after your review. These can be downloaded and printed out, or read from your phone.



Decision making tools – risks and benefits of a number of medicines highlighted in the [Scottish Government's national guidance](#) on managing multiple medicines

Download:

- Go to the apps store on your phone and search for **NHS managing medicines**
- Select **Polypharmacy: Managing Medicines** from the list
- Tap on **Install**. When it has installed, tap on **Open**
- When you open the app for the first time you will see a Welcome screen with a quick guide to the app – just 4 pages long. Tap on **Explore** to start, and swipe left to move from page to page. Then tap on **Get started**
- You will see a link to each of the toolkits in the app – For Healthcare Professionals, and For Patients and Carers - you only need to download the Patients and Carers one
- Tap on Patients and Carers to download it – when ready, a tick will show next to the title. Tap on the **Patients and Carers** toolkit and you will be taken to the front page, ready to start

Learn more: <https://cutt.ly/FhMjP3J> (Youtube videos)



Android Apps store



Apple (iPhone) Apps store