



Easy
Read



How to safely stop taking your medicine



NIHR | Yorkshire and Humber Patient
Safety Research Collaboration



**Health
Innovation
Network**

Easy Read



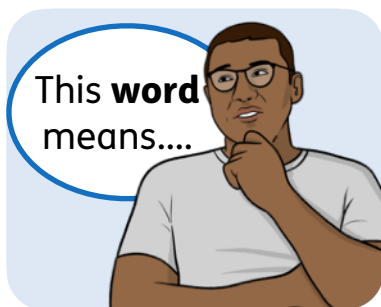
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



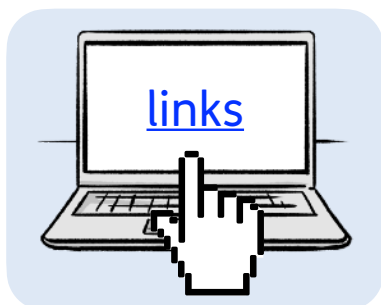
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

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You can listen to an audio recording of this booklet by scanning this QR code with your phone or tablet.

About this booklet



Your health professional has told you to stop taking one or more of your medicines.



This information is about how to do this safely.

We want you to:



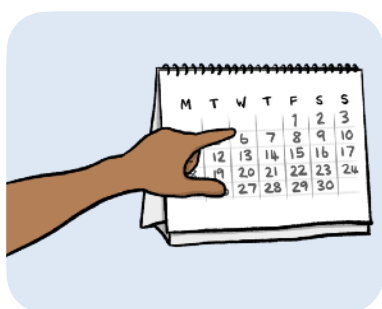
- Read this information.



- Keep a copy of this information and show it to other people who look after you.

How to safely stop taking your medicine

Part 1: Your next appointment



The date of your next appointment is:

If you need to speak to someone before your next appointment, please:



- Phone this number:



- Ask to speak to:

Part 2: You and your medicines



Your name:



Your health professional's name:

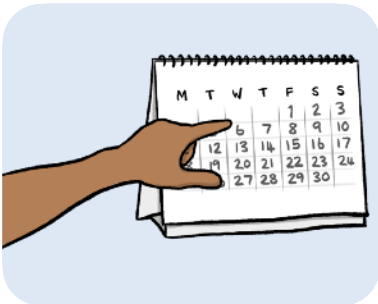


Today's date:



Today you and your health professional agreed that you should stop taking these medicines:

You should stop taking them:



Straight away from this date:

Please go to Part 4.



Slowly.
Please continue to Part 3.

Part 3: If you need to stop taking medicine slowly



Please read this section if you need to stop taking your medicine slowly.



Your health professional will write how to stop taking your medicine slowly here:

A large, empty rectangular area with rounded corners and a blue border, intended for writing instructions on how to stop taking medicine slowly.

If you notice any changes to your health when slowly stopping taking your medicine, please:



- Read the information in part 4.



- Speak to your health professional.

Part 4: Stopping taking your medicine guide



Please read this part to help you safely stop taking your medicine.

We have decided you should stop taking your medicine because:



You do not need to take your medicine anymore.



Your medicine is not working anymore.



The problems that your medicine causes are too bad.

This could be things like making you feel sick or dizzy.



After you stop taking your medicine, you should watch to see if you notice any new **symptoms** or changes in your health.

Symptoms are changes or feelings in your body when you get poorly like headaches or feeling sick.



Most people do not notice any worrying symptoms.



You should call your doctor's (GP) surgery or 111 straight away if you notice these symptoms:



You should go to hospital or call 999 if you start to feel very unwell or notice symptoms like:

A large, empty rounded rectangular box with a blue border, intended for writing symptoms.

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