

## STOPPING MEDICATIONS

Being under Hospice Care represents a new phase and many medications are no longer needed and may be unsafe to keep taking

### 1

#### Medication no longer indicated

- › Medications to prevent long-term complications of chronic diseases are no longer needed at this stage

### 2

#### Medication side effects

- › Many medications have unwanted side effects that are aggravated at this stage of illness: dry mouth, low blood pressure, low blood sugar, nausea, constipation.

### 3

#### The goal of medications

- › This time is for comfort and multiple medications can be difficult to swallow. It also may interfere with other medications and not work as intended at this stage of illness

### 4

#### Medications that can be stopped

- › Cholesterol meds - Statins
- › Vitamins and supplements
- › Osteoporosis meds
- › Most eye drops for Glaucoma (discuss with Hospice Team)

## Medications that *may* be able to be stopped

- Blood thinners, aspirin, diabetes medications, blood pressure, thyroid, medications for dementia (need to be tapered off). Whether to stop these can be done in consultation with the Hospice Team and the physician who have been prescribing them. Medications that have been given for the "heart or head" may need to be tapered off (decreasing dose over time).
- This is good time to discuss all medications with your Hospice Team. Many medications can and should be stopped (do not stop without discussing with the team).