



Med fatigue happens when we have been on many different combinations of medications over time, and still nothing seems to help. This can feel discouraging. We may end up taking too many different meds, often at high doses. Sometimes this can mean we feel overmedicated. Other times the switching of meds never seems to stop. Some of us feel afraid that if we speak up to the doctor, we will be given even *more* pills.

Can you relate to this? If so, you may be experiencing med fatigue.

The good news is we don't have to live our lives overmedicated, on too much or too many meds. Doctors have a method called deprescribing. Deprescribing happens when doctors work with us to use fewer pills at lower doses.

In order to work with doctors in this way, we have to speak up. Other members of our team, like our therapist or peer specialist, can help us advocate for fewer pills at lower doses. If the doctor is unwilling to consider fewer pills at lower doses, it's probably time to get a different doctor.

Use the template below to explore your med fatigue and develop your self-advocacy plan. Life feels a lot better when we are not overmedicated.

## Exploring My Med Fatigue

### What I say to myself:

- I'm sick of taking pills
- I feel like a human guinea pig
- None of these pills have ever worked for me
- I can't even remember how many meds I've been on
- I'm on too many meds
- I'm overmedicated
- \_\_\_\_\_
- \_\_\_\_\_

### How being overmedicated feels to me:

*(example: I feel like a zombie and I even slept through my son's birthday party.)*

### My words:

## My Self-Advocacy Plan

### To be an effective self-advocate, I will *(check all that apply)*

- Ask my team to help me make a list of every medication I have tried in the past and put a check next to any that helped
- Decide who, if anyone, I would like to support me in my next meeting with my doctor
  - Therapist                       Friend
  - Peer specialist                 Other: \_\_\_\_\_
  - Family                             Other: \_\_\_\_\_
- During the appointment I will:
  - Share how being overmedicated feels to me and is impacting my life
  - Ask my doctor about deprescribing:
    - What meds might be unnecessary?*
    - What dosages can be lowered?*
    - What else besides medicine could help me?*
    - What should be our first step?*

### My words:

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