

Appendix 2: Intervention timeline	
Initial pill burden: 32 pills/d Initial no. of medications: 28	
Week 1	<ul style="list-style-type: none"> • Stop nitroglycerin patch • Stop amlodipine • Decrease furosemide to 20 mg in the morning
Week 2	<ul style="list-style-type: none"> • Decrease acebutolol to 100 mg twice daily • Decrease amitriptyline to 50 mg at bedtime
Week 3	<ul style="list-style-type: none"> • Decrease carbamazepine to 100 mg twice daily • Stop levofloxacin • Stop magnesium hydroxide, fibre, bisacodyl, suppository and lactulose • Start polyethylene glycol 3350, 15 mL once daily • Decrease amitriptyline to 25 mg at bedtime • Stop salbutamol
Week 5	<ul style="list-style-type: none"> • Decrease rosuvastatin to 20 mg at bedtime • Decrease cyclobenzaprine to 5 mg in the morning and at bedtime • Decrease acebutolol to 100 mg in the morning • Stop glucosamine
Week 6	<ul style="list-style-type: none"> • Decrease cyclobenzaprine to 5 mg at bedtime • Stop amitriptyline • Start saliva substitute at bedtime when needed • Decrease acebutolol to 50 mg in the morning for 2 wk then stop • Stop omeprazole • Start rabeprazole 10 mg for 2 wk
Week 8	<ul style="list-style-type: none"> • Stop morphine • Start vitamin D supplement 1000 IU/d • Stop acebutolol • Stop rabeprazole
Week 9	<ul style="list-style-type: none"> • Stop carbamazepine • Decrease furosemide to 10 mg/d
Week 12	<ul style="list-style-type: none"> • Start carbamazepine 100 mg at bedtime
Final pill burden: 17 pills/d Final no. of medications: 17	