

Managing Medications

Take Medications as Directed

Transition Skills, Tips & Tools



Things to Know About Your Medicine

- Make sure you know the exact name of the medicine(s) you take (brand and generic).
- Some medications have brand and generic forms. Ask your doctor if it is alright to substitute with generic form.
- Learn why you need to take each medicine (how it treats your condition).
- Take your medicine at the same time every day. Taking your medicine at a specific time might be better than bedtime if your bedtime changes. Work with your doctor to set a schedule that works for you.
- Ask your doctor or pharmacist if you have questions about taking your medicine.
- Let your doctor know if you have trouble taking your medicines (hard to swallow, forget to take, upset stomach, other problems).
- Side effects can be bothersome and dangerous - make sure you know what to look for and when you should call the doctor.
- Don't take too much or too little medication. Know how much to take, when you can take more, and which medicines can be taken together.
- Whenever you go to a doctor or to the hospital, always bring your medications or a list of your medications, including non-prescription (over-the-counter) medications.
- Keep track of when you need to refill your medicines and call the pharmacy for your refills before you run out.
- Keep your list of medicines with you.

Find a Way to Remember to Take Your Medicines

You may want to use medication reminders:

- Take at the same time you do another daily routine (with breakfast, brush your teeth, watch a daily TV show).
- Set up a text message or cell phone alarm.
- Use an alarm-vibrating pillbox, pill organizer, automatic pill dispenser, time watch, or alarm pocket watch.

To find the right system for you:

- ✓ Ask your pharmacist.
- ✓ Check with your local medical supply stores.
- ✓ Search the web using search words such as pill alarms, automated medication dispenser, e-pill, or pill timer.

(Turn page over to begin your medication list)

Medication List

(Please use pencil to complete this form.)

Name: _____

- Ask your physician or pharmacist to help you complete this list.
- Read the label on each medicine for directions on how to take and for possible side effects/danger signs/interactions. For more information, see drug sheets.
- Whenever you see the doctor, including your primary care physician and any specialists, review and update this medication list.
- After hospitalizations, always review your medication list with your doctor.

Medicine	Dosage (How Many You Take)	Time (When You Take It)	Why You Take It	What Happens If You Skip It	Possible Side Effects

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

