

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: dscc.uic.edu

