

Taking Your Medication

It is important to take your medications as instructed. If you have trouble remembering to take your medication, try to link taking your medication to a specific activity, such as brushing your teeth. You can also set an alarm on your phone or watch.

1 If any, what is the most difficult part of taking your medications?

2 Do you experience any side effects after taking your medications? If so, how do you feel?

3 What can you do to ensure you take your medications as directed? (Example: Set an alarm on my phone.)

4 Complete the following questions for each of your medications:

A. Name of medication _____

B. What does this medication treat? _____

C. How are you supposed to take this medication? (Example: One 500 mg tablet twice a day with food.) _____

D. What are some of the potential side effects associated with this medication?

E. What should you do if you experience side effects after taking this medication?

F. What are you supposed to do if you miss a dose of this medication?

Note: Repeat this activity for all of your medications. Ask your pharmacist if you do not know the correct answers for any of the questions.