

# 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?

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

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

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**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: Take one 10mg tablet by mouth every morning.) \_\_\_\_\_

**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.