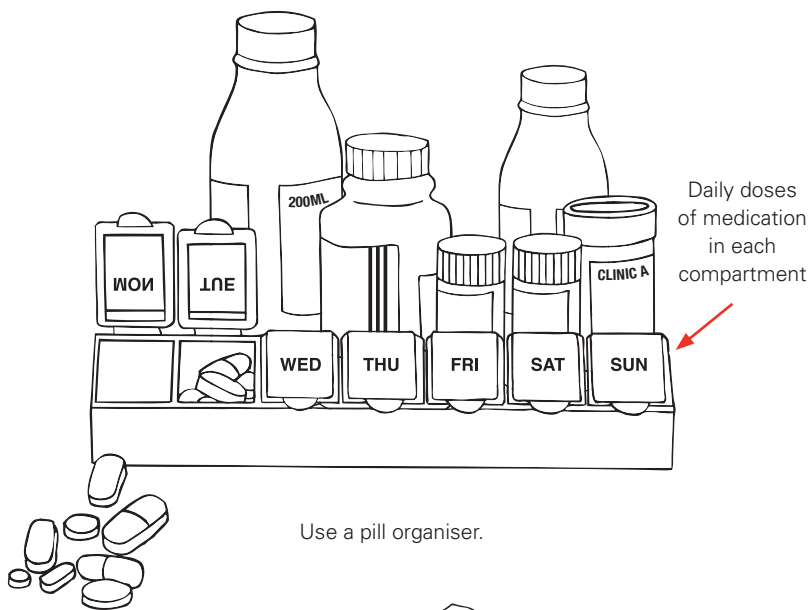# HOW TO MANAGE YOUR MEDICATIONS

Tips on Safe Use of Medication

- Take medication only as prescribed by your doctor.

- Ask for information on why, when and how to take your medication. Write down the information if you feel safer.

- Inform your doctor of any past problem with your medication, such as rashes or dizziness.

- When you visit the doctor, bring along all the medication you are taking, that include over the counter medication such as vitamins or Chinese medication.

- If you are unwell after taking your medication, consult the same doctor immediately; do not doctor-hop so that he or she can have a clearer understanding of your reaction and be able to better fine tune your medication for you.

- If you encounter difficulty with your medication, such as questions about the type of medicine that you should be taking, the dosage, or timing, ask your doctor for clarification and any further advice.

- Make a list of all your medication. Keep it with you all the time.

- Store medication in a cool dry place away from the sunlight.

- Check expiry date of medication; if there is any change in colour or taste, do not take them.
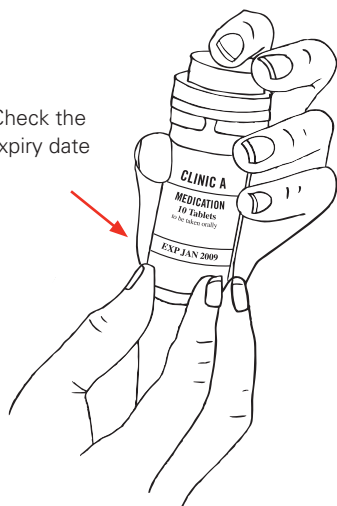
Ways to Help You Remember Your Daily Medication

• Put medication near the dining table to help in remembering.

• Take medication at a fixed time or in association with regular activity (such as teeth brushing).

• Use pill boxes with seven columns of compartments that can hold the daily doses of medication necessary for each day of the week.

• Create a dosing schedule chart using paper with ruler lines. List all medications, the times they need to be taken, and a space by each dose, so that you can check off when each is taken. Have a remark column for consumption of "use when necessary" medication (such as for pain or sleeping pill) and any untoward side effect. Bring chart to show doctor for any increase reliance on "use when necessary" medication.

MANAGING YOUR MEDICIATIONS

Daily doses of medication in each compartment

Use a pill organiser.

Check the expiry date

Check expiry date of medication; if there is any change in colour or taste, do not take them.