



Sticking to your medication: Top 10 Tips

1) Know the facts

Make sure you understand how you are supposed to take your medication. Go over your prescription with your Dr or pharmacist to make sure you understand the label: Do you know a) Which medication you are taking? b) What the medication is for? c) When the medication should be taken? d) If it should be taken with food or water? e) are there any side-effects I should know about and, how do I deal with them?

2) Food and water

If you should take your medication on an empty stomach, take it at least one hour before a meal. If it should be taken with food, take it after a full meal, not just a snack.

3) Set a reminder

If you forget to take your medication sometimes, an alarm can help you remind you when to take your medication? Set an alarm on your watch or cell phone. Getting into the routine of taking your medication every day at the same time will help you remember

4) Get support

Do not be afraid to ask your family or friends for help. There is no shame in asking someone to help remind you to take your medication. This might be helpful when you first start your treatment journey

5) Talk to your Dr or pharmacist

Do not be afraid to ask them about anything you do not understand. Do not panic if you miss a dose. Be honest with your Dr about missing doses or taking them incorrectly. Also talk to them about any other medication you are taking, whether its prescribed, over-the-counter or herbal medicine. If they do not know you are having problems, they cannot help you.

6) Pill box

Try using a pill box to help you organise your medication. This will help you to stick to your medication schedule

7) Keep a mood diary and medication list

These are charts with spaces for you to list and keep track of your mood and your medication. Filling in these lists might seem time consuming and effort. However, this will pay off.

8) Side-effects

These can be a normal part of the medication, and can be expected. However, they are easily manageable. Ask your Dr what you can do about this. Most importantly, do not stop taking your medication without talking to your Dr.

9) When feeling better, worse, or no different

Medication will not have an immediate effect, and takes up to a few weeks to start having an effect. It is important that you stick to your medication regime when you feel that it is not working, or even when you are feeling better.

10) Keep it close and visible

Keep your medication in an easy-to-spot place at home. It is also useful to keep some at your work or office, in case you forget to take them with you.