

Tips how to take your medication regularly

For young patients

TIPS TO INTEGRATE THE MEDICATION IN DAILY LIFE

Routines

- Try to take your pills at the same times every day.
- Try to associate taking your medication with an activity of your daily routine.
For example: when you get out of bed, or when you start cooking.
- If you study or work outside your home, provide medication in your bag.
If you have difficulties to fit the medication with your timetable of study/work, ask your doctor.
He/she can help you to fit it in your timetable.

Reminder

You can use wrist watches with alarms that notify you when you take the medication.
You can use alarms or applications on your mobile-phone.

Reward system

Give yourself a challenge: Set yourself a goal that you can achieve and a reward that you like.
For example: if I take the medication well for a week, I will eat an ice cream.

In case you cannot satisfy advised mode to take medication several times a day one hour before meals.

Discuss with your doctor, if it would be possible to only take medication once every day always at the same time at best one hour before a meal instead of not taking medication at all.

PS: If the pills cause nausea, talk to your doctor to discuss, how this problem can be solved.

Supplement

Your relationship to your doctor/nurse is the key.

The most important aspect of handling your disease is to start with a good conversation with your doctor.
It is very helpful, when the doctor tries to familiarize him-/herself with your life and routines, so that together you can find the best solution to take your medicine in the best way.

Do not hesitate to think about asking another doctor you trust, if you do not feel understood.

These tips are the result of a team effort by **Aida Regi Cosculluela** and **Dr Wiebke Papenthin**, named patient representatives of the ERN RARE-LIVER Wilson working group in collaboration with the ERN Youth Panel.