

Tips how to take your medication regularly

General

Routine

Try to always take your medication at the same time of day.

- Try to link taking your medication to an activity in your daily routine.
For example, when you get out of bed or start cooking, during meals, but always at the recommended time.
- If you study or work away from home, carry your medicines in a pocket in your bag.
If you can, carry your prescription with you.

If you find it difficult to fit taking your medication into your timetable, ask your doctor for advice. He or she will be able to help you fit it into your schedule.

Reminder

You can use wristwatches with alarms to warn you when it's time to take your medication. You can also use alarms or applications on your mobile phone.

Reward system

Challenge yourself: set yourself a goal you can achieve and a reward you enjoy.
For example: if I take the medicine well for a week, I'll eat an ice cream.

If you can't be satisfied with the recommended method, talk to your doctor/nurse. Discuss with him/her whether it would be possible to adjust the schedule, instead of not taking any medication at all.

PS: If the medication causes unpleasant effects, such as nausea, consult your doctor.

Supplement

Your relationship to your doctor/nurse is the key.

The most important thing 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.