

Pearls For Medication Adherence

Patient Form

1	Use medication boxes to assist in taking the medication at the right dose, at the right time, every day.
2	If you are unable to put the pills in the medication boxes, ask for the assistance of family, friends or a professional.
3	Check your community for services, such as volunteers in your church, Elderly Affairs Association, etc.
4	Ask your healthcare provider to explain why you are taking the medication and how it will benefit your health as well as side effects to watch for.
5	If you have a side effect, question or a concern about your medication, call your healthcare provider and discuss it. A simple solution may be found.
6	Write down all of your medications including the dose and the number of times that you take it on a card or pad and carry it with you to show all of your healthcare providers what you are taking. Keeping a notebook or diary may be helpful so that you know the date, time, and type of medicine that you took.
7	Ask the pharmacist for medication bottles with easy-opening caps.
8	If you have difficulty reading the prescription bottle, ask the pharmacist to use large print on your bottles or packages so that you can read the name of the medicine and how to take easily.