

# Reminders on Taking Medication on Schedule and Regularly

## Welcome

One of the most common reasons for not taking medication as prescribed is forgetting to take it on time, especially when the medication is not taken daily e.g. erythropoietin injections.



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- Pill box organizers and reminders.



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## Tips to remember to take your medication:

- Receive reminders to take your medications by text or email
- Set refill reminders—reorder your prescriptions before they run out
- Bring your pill schedule to all your doctor appointments
- Keep track of your daily medications—times (one or twice daily, the strengths, dosage and the purpose
- Print schedules that are easy to create, read and update

Medication Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Midday							
Evening							
Bedtime							
Other							
Evening							
Bedtime							

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- Set a separate alarm clock or your watch only used for reminding you of medication times.



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- Set an reminder on your cell phone .



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- Change the date of medication taken on a monthly basis, to the date of your birth e.g. if your birthday is 15 April, take the medication every month on the 15<sup>th</sup>.
- Use post-it's on the phone, the fridge, the kettle, next to your toothbrush. Place it on any surface where you will see it on a regular basis.



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- When medication must be given during dialysis or in the unit, please remind the staff. You are part of the renal team to ensure that you are treated according to prescription.



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