



Gearing Up For Your Transitions

How to Give Yourself Medication

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Now that you are becoming older, are you starting to take on more responsibility for things related to your health care? It can be hard to remember when and how to do certain things, including giving yourself medication. If giving yourself medication is a part of independence that you want to do, or get better at doing, here are some tips that may help.

1. Set an alarm on your watch or cell phone to remind you when it is time to take your medicine.
2. If you take a variety of medicines make sure you read the label or instructions from the pharmacist as to how often you need to take them and if you are supposed to take them with a meal.
3. Get a responsible friend or adult to teach you how or to help you take the right dose of medicine
4. If you have pills to take, organize them in a pill container that has days and times on it.
5. If you have liquid medication, try different measuring tools until you find the one that works best for you. Kitchen measuring spoons may work better than the measuring tools that come with your medicine.
6. When you get your prescriptions filled, ask for easy-open tops. Ask the pharmacist to put this information in your file so that you don't have to remember to ask for easy-open tops each time.
7. Keep your medicines in a safe place so they are not a danger to others.

Taking on the responsibility of giving yourself medicine can be hard at first. Trying these tips and being organized just might be what you need to make this part of independence a bit easier. As you transition from your pediatrician to an adult health care provider, it may also help when you go to the doctor to have a list of all of the medications that you take, the dosages, and why you take the medications.