

## Tips for Giving 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.

- Set an alarm on your watch or cell phone to remind you when it is time to take your medicine.
- Get a responsible friend or adult to help you with taking the right dose of medicine.
- If you have pills to take, organize them in a pill container that has days and times on it.
- If you have liquid medication to take, 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.
- 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.



You **can** use a container like this to **help** organize your medication.



Measuring spoons like these **can** help measure liquid medications.



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.

## **Resources**

### **U.S. Food and Drug Administration**

On this site the article *6 Tips to Avoid Medication Mistakes* gives tips on medication safety.

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm096403.htm>

### **The American Association of Poison Control Centers**

This site provides information on poison control and contact information for poison control centers.

<http://www.aapcc.org/>