

Taking Your Medication

Taking your medication is an important part of your treatment.

Taking your medication can help you avoid needing to go to the hospital. Taking your medication can help you recover faster.

Some people stop taking their medication because

- › They don't think they need it
- › There are uncomfortable side effects
- › It can be hard to keep track of several medications
- › They may want to use alcohol or drugs
- › The medication may be expensive
- › They think it's OK to stop their medication when they feel better and their symptoms go away
- › They feel unwell or think the medication isn't working properly

If these or other issues concern you, please talk to your primary health care provider. **We will help you find solutions.**

Tips to help you take your medication

- It can take time for your medication to start working. Give your medication a chance to help you.
- Talk to your pharmacist or primary health care provider if you have side effects. They can often be dealt with, and some go away completely after a short time.
- Take your medication at the same time each day, as part of your daily routine.
- Talk to your primary health care provider about alcohol or drug use.
- Talk with your primary health care provider about how we can help you take your medication correctly. Medication comes in different forms and support is offered in various ways (such as individualized packaging, delivery with assistance, as needed, etc.).

Taking your medication regularly means you are helping your own health and well-being.