

## Questions to ask

### when getting new medications:

(make sure you write the answers to these questions)

- What is the medication for?
- What is the dose?
- What improvement should I watch for?
- Do I have a plan with my health professional to monitor effects?
- What side effects should I be aware of?
- How do my herbs or current medications interact with the new medication?
- What should I do if something goes wrong?

### Helpful strategies for taking Meds.

- Put medications in an appropriate pill box.
- Set an alarm (phone/PDA/Timer) to take medications
- Establish a routine to take meds

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## Managing Your Medications

### Tips to Facilitate

### Prescription and Treatment

- Find a doctor or clinician able to prescribe who is skilled and familiar with the use of medications following brain injury. Make sure this is a person you can trust.
- Communicate your response, side effects, and interactions to your health professional to help decide which medication is best for you.
- Learn about possible side effects and drug interactions.
- Take time to learn about your condition and to set up a program with your health provider. Once medications are started, communicate with the physician who prescribes your medication.
- Realize that taking medications requires your active involvement and participation. Some meds require time to take effect.
- Discuss problems about your medication with your prescriber, especially when you think it is not working.
- Medications seldom work alone. Additional diet, therapy, family education or management plans are needed for the best results.