

Tips for Taking Medications



- 1** Understand **what** you take, **why** and **how** to take your medications. Read the label, and ask your doctor or pharmacist if you don't understand. Contact the Northwest Kidney Centers Pharmacy at (206) 343-2870 or email pharmacy@nwkidney.org.
- 2** Keep a list of your medications and take it to all medical visits. Regularly review your medications with your healthcare team. Be sure to tell the dialysis center about any changes or new medications.
- 3** Get a system. Make medications a part of your normal routine. Use a divided pill box to organize, and remember to take medications with you when you're away from home.
- 4** Refill on time so you don't run out and keep an emergency supply. Mark your calendar to remind you to refill, then do so 3-4 days early each time so you have extra.
- 5** Store medications the right way. Not too hot, not too cold, and not where it's damp (not in the bathroom). Keep safe from children and pets.
- 6** Don't stop taking medications if side effects bother you. Talk with your doctor; there may be other medications to try.
- 7** Are you taking over-the-counter medications, herbs or supplements? Make sure your doctor knows, so you can avoid dangerous interactions.
- 8** Get rid of medications you no longer take to avoid confusion. Safely dispose unwanted or expired medications through the NKC Pharmacy or ask your local pharmacy.
- 9** Having trouble paying for your medication? Talk with your patient finance case manager for help.