

Taking Medication

There are several types of medications that are often used by people with diabetes. There are insulins and pills that lower blood sugar. There are also aspirin, blood pressure medication, cholesterol-lowering medication, and often times more.

Your medications come with specific instructions for use—and they can affect your body differently depending on **when** and **how** you take them. It may take a while to figure out which medicines work best with your body. So it's important for you to pay attention to how you feel and how your body reacts to each new medicine or treatment. Tell your doctor or diabetes educator if you've noticed any side effects.

It's important to know the **names, dose, use** and **instructions** of the medications you take.

Remember to:

- **Ask why** this medication was recommended for you.
- Be sure to bring all medications or labels with you when you go to health appointments. **Ask for help** to help fit your medication routine into your daily schedule.
- **Ask someone to go with you** to an appointment and take notes about any medication instructions.
- **Ask someone to remind you** to take your medications if you have difficulty remembering to take them.

Did you know?

Some over-the-counter products, supplements, or natural remedies can interfere with the effectiveness of your prescribed medicines. Tell your doctor or diabetes educator about ANY supplements you are taking so that he/she can make the best recommendations for your care.

True or False?

When you inject insulin, you need to rotate your injection sites.

True if you inject insulin in the same spot every time, your tissue can become damaged and won't absorb insulin as well. Be sure to rotate your injection sites between the fatter parts of your upper arm, outer thighs, buttocks or abdomen.



Quick Tip



If you often forget to take your medication try to remind yourself by linking it to a specific activity—like watching the news every night or brushing your teeth—or by setting an alarm on your watch or cell phone.



Consider taking notes when your provider tells you about your medicine or maybe recording it on your cell phone.

Use the activity below to help you communicate with your doctor about your medications.

How do you feel about having to take insulin or other medicines?

What is the hardest part about taking your medications?

Name of your medication	What are some side effects?
How much are you supposed to take and when?	What do you need to do if you forget to take this medication?
Why do I take this medication?	Anything else you need to know?
Repeat this exercise for every medication you take.	**Be sure to ask your doctor or diabetes educator if you do not know the answer.

Remember, we are here to help you with your diabetes medications and routines. Call **925.864.3189** to ask for help.