



## Sticking With My Medicines— What Will Work?

It's hard for people with epilepsy to follow their treatment plan all the time. School, sports, work—they can all get in the way of taking your medicine.

Taking your medicine the right way, every day, as directed by your doctor is one of the most important steps to help prevent seizures.



### If you don't take your medicines the right way, every day, as directed by your doctor:

- Your medicines will not work the way they should.
- You may have serious side effects.
- You may have more seizures.
- Seizures may become harder to control.
- You may have more problems in school, at home, and with your friends.
- You may not be able to do the things you want to do, like play sports or drive a car.

“I'm so busy. Taking medicine gets in the way of my day.”

### Fit taking your medicine into your daily routine:

- Try taking your medicine at the same time you do other daily habits—like eating breakfast or brushing your teeth.
- Ask if your medicine should be taken with or without food. Talk to your doctor about a routine.
- Talk to your doctor about a simpler medicine schedule.



### If you forget doses, it's time to get organized:

- Put your pills in a pill box, and take it with you when you are away from home.
- Use an alarm on your watch, cell phone, PDA, or computer to remind you to take your medicine.
- Don't run low on your medicine. Tell your parents when you're going to need a refill so you don't run out.

**Use a seizure calendar. It will help you keep track of how well your seizures are controlled. Bring your calendar with you to each doctor visit.**