



Sticking With My Medicines— What Will Work?

Taking your epilepsy medicine as directed by your doctor is the most important thing you can do to help prevent seizures.

Not taking your epilepsy medicines as directed by your doctor means:

- Your medicines will not work the way they should.
- You may have serious side effects.
- You may have more seizures.
- The seizures you have may be more severe.
- Seizures may become harder to control.
- You might not function as well at home or on the job.



Taking more than one medicine at different times each day can be hard. The key is to create a routine that fits your life:

- Where possible, take your medicines with other daily habits, like in the morning when brushing your teeth or in the evening with dinner.
- Ask if your medicine should be taken with or without food. Talk to your doctor about a routine.
- Ask your doctor if there is a simpler medicine schedule. A simpler medicine schedule may help you.



If you forget doses often:

- Use a pillbox marked with the days of the week. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it daily.



If you forget to refill your medicine on time:

- Mark a calendar with "Refill on [date]". Choose a date about a week before you will run out.
- Make sure you have enough refills to last you until your next doctor visit.
- Have the doctor who treats your seizures write or call in your prescription—they are most familiar with your medicine needs.
- Ask your pharmacy to send you reminders to refill your prescription.