

Medication Tips for Family Caregivers

People who have serious health issues often take a large number of medications at different times of the day, some before meals and some after, and this can become very confusing for anyone.

Therefore they may take multiple doses or skipped taking their medication.

Start by making a list of all the medications and for each medication record:

- Days of the week the medication must be taken
- Number of times per day for each medication
- Time of the day
- Whether the medication is to be taken with or without food
- How much water should be taken with the medicine
- Any special instructions for the medication such as not to be taken with milk

Times of the Day

- 2 times a day is approximately at 8 AM and 8 PM
- 3 times a day is approximately at 9 AM, 1:00 PM and 6 PM
- 4 times a day is approximately at 9 AM, 1:00 PM, 5 PM and 6 PM

Weekly Medication Schedule

After you have made a list of all the medications and their information, create a Weekly Medication Schedule with grid for the days of the week and times of the day.

Make sure you chose the time based on whether the medication should be taken before or after a meal.

The Pillbox

Once your Weekly Medication Schedule is made you can organize a pillbox based on each day and times the medications are to be given.

Other Cautions

Never crush pills without speaking with a doctor or pharmacist. Many medications have special coatings. If the person has problems swallowing the medication, ask if there is another way the medication can be taken. Remove the cotton from each bottle so moisture is not drawn in.