



# TAKING MEDICATION

There are several types of medications that are often recommended for people with diabetes. Insulin, pills that lower your blood sugar, blood pressure medication, cholesterol-lowering medication, or a number of others may work together to help you lower your blood sugar levels, reduce your risk of complications and help you feel better.

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. It's up to you to tell your pharmacist, doctor, nurse practitioner, or diabetes educator if you've noticed any side effects.

It's important to know the names, doses and instructions for the medications you're taking, as well as the reasons they are recommended for you.

## REMEMBER TO:

- » **Ask your doctor, nurse practitioner or pharmacist** why this medication was recommended for you.
- » **Ask your diabetes educator** to help you fit your medication routine into your daily schedule. Be sure to bring all medications or labels with you when you go to health appointments.
- » **Ask a family member** to go with you to an appointment and take notes about any medication instructions. Or, 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 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 fattier parts of your upper arm, outer thighs, buttocks, or abdomen.

## Word Wall

### INSULIN:

A hormone that helps the body use glucose (sugar) for energy

### SIDE EFFECT:

An effect that a drug has on your body that it is not intended (i.e. diarrhea, nausea, headache)



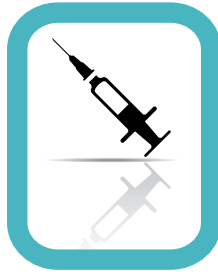
## QUICK TIPS

*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.*

*Take a pen and some paper with you to your healthcare visit and take notes when your provider tells you about your medicine.*



# ACTIVITIES

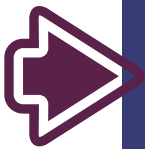


How have your medications helped you reach your blood sugar levels?

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What is the easiest way for you to remember to take your medications as prescribed?

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*Name one of your medications.*

*How much are you supposed to take?*

*When are you supposed to take it and how often?*

*Why do you have to take this medication?*

*What are some of the possible side effects?*

*What are you supposed to do if you experience side effects?*

*Anything else you need to know?*

*What do you do if you forget to take this medication?*

*\*Repeat this exercise for every medication. Be sure to ask your pharmacist or diabetes educator if you do not know the answers.*