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 wont absorb insulin as well. Be sure to rotate you injection sites between the fattier parts of your upper arm, outer thighs, buttocks or abdomen.









Quick Tip

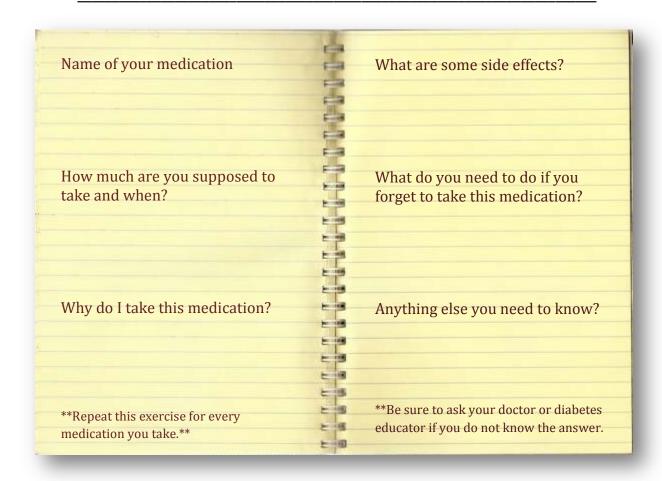


If you often forget to take your medication try to remind yourself by linking it to a specific activity—like watching the news every night or brushing your teeth—or by setting an alarm on your watch or cell phone.



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.



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



