Preparing to take your medicine

You have made a good decision – a decision for health.

What could interfere with my plan?

Taking your medication is a choice for health. Sometimes other things can get in the way. It is important to plan how to deal with that before it happens.

Name one possible obstacle to taking your medication:____________

What can you do to prevent it from being a problem?____________

Whom do you need for support?

How can this person help you?

What motivates me?

Let’s look at why you made this decision. Check any that apply and/or add your own.

- I want to feel better.
- I want to prevent health problems in the future.

This pamphlet is for you if you want to begin to take a new medicine.
I'm ready to take my medicine (pills or insulin).

What is the name of it? __________

How does it help you? Ask someone if you don't know.
- It improves blood sugar.
- It improves blood pressure.
- It protects my kidneys.
- It improves cholesterol.
- It prevents blood clots.
- It helps with depression.

What is my goal? __________

Is this goal right for me? __________

Setting a goal is one of the keys to success.

I will take __________________________
(Name the pill or type of insulin)

Write an "x" in the table below to show when you will take it.

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<thead>
<tr>
<th></th>
<th>Before</th>
<th>During</th>
<th>After</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<td>Lunch</td>
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<td>Dinner</td>
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<td>Bedtime</td>
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</table>

I will begin on __________________________
(Name the date)

How important is it to me that I take this medicine?

1 2 3 4 5 6 7 8 9 10

How confident am I that I can meet my goal?

1 2 3 4 5 6 7 8 9 10

Did you choose a number less than seven? If so, discuss your concerns with your doctor.

You have made an important decision that will help you take care of your health.