

# Medications

## It Is Important to Know What You Are Putting into Your Body



1. Make sure you know the exact name of the medicine(s) you take.
2. Find out why you have to take them and how they work in your body.
3. Take your medicine at the same time of day- it might be better if you think about taking medicine every day at 10 pm instead of at bedtime since you may go to bed at different times, especially on the weekends.
4. Side effects can be bothersome and dangerous-make sure you know what to look for.
5. Don't take too much or too little medication- know how much to take and when you can take more.
6. Always let your providers know about ALL the medications that you take including nonprescription medications.
7. If you have any questions, ask your health care providers or pharmacist.



Kentucky Commission for Children  
with Special Health Care Needs