

Time Away from Home Worksheet:

Medicines

1. What medicines do I take and why?

MEDICINE NAME (GENERIC & BRAND NAME)	HOW MUCH SHOULD I TAKE?	WHEN SHOULD I TAKE IT?	REASON FOR TAKING IT	IS MONITORING NEEDED?

2. What are the common side effects of my medicine?

(Things to consider: How do I plan on handling any side effects while I am away from home?)

Tip: You may find some of the answers to this worksheet on the label of your medicines.

3. Do I have allergies to any medicines?

4. Can I demonstrate how to take my medicine with the right amount, at the right time, in the right way?



5. What will happen if I don't take my medicine?

(Things to consider: What should I do if I forget to take my medicine or miss a dose? If I lose my medicine while away, how do I get more?)