

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 this medicine	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?)

