

Chronic Kidney Disease & Taking Your Medications



Taking medications is a big part of staying in control of your chronic condition. Following your doctor's instructions and taking your medications like you have been told to is called "adherence,"



Why do people not take their medicines?

- Forget
- Do not understand their medical condition
- Believe that nothing will happen
- Want to be like everyone else
- Do not feel sick anymore
- Do not like how medicines make them look or feel
- Do not see any problems if they miss their medicines
- Do not think that the doctors or nurses can tell when they are not taking medications

- It is always important to take your medications, even if you might not like it.

- Doctors can always tell if you've taken your medications or not by testing your blood.

- If you have discomfort after taking your medications, let your doctor know!

- If you have a hard time remembering to take your medicines, we have some suggestions about ways to remember!



Strategies for Remembering to Take Your Medications



use a
PILLBOX



Before the start of each week, place all the medicines you need for each day into the pillbox to help yourself remember what medicines still need to be taken.

Set an alarm on your phone to go off when it is time to take your medicines. This will help you to remember to take your medicine and allow you to take it at the same time every day!



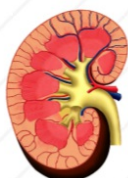
set
phone
ALARMS

pick something you do everyday, and take medicines at the **SAME TIME**



Take your medicines at the same time that you do activities like:

- get dressed
- eat your breakfast
- brush your teeth



CKD is a problem with the kidneys that can get worse if it is not treated, but it can be controlled! Taking your medications the way that your doctor has asked you to is an important way to manage your CKD.

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