



Missing M  
Genes



## Teenager/Young Adult Fact Sheet No.7

# Taking medicines and how to carry on taking them!

**'Taking tablets every day is a pain. None of my friends have to take them'**

Having to take tablets every day can seem like a real chore. You may feel fed up with being the only one who has to bother with medicines and think it makes you different to your friends. However there's probably more people than you think that you know or are in your class, who have to take medicines of one sort or another.

If you have been ill, or if at the moment it seems there are too many things you can't do, it is the last straw when you are nagged about it every day. 'Have you taken them yet?' can become the spark for lots of rows and clashes with your parents. Doctors, nurses and parents cannot make you take them and sometimes it can seem that **not** taking them is the **only** thing that you have any control over.

### **Top tips!**

**DIY** – one way of proving your independence and at the same time making sure you get better or keep well, is to take complete responsibility for your medication. You can decide how to fit them into your routine and when to take them. For example, take them when you brush your teeth or put them by your bedside lamp so that you take them when you go to bed.

**Set the clock** – some people set the alarm on the watch or on a key ring etc to help them remember to take medicines. If you go out in the evening and come home late and tired you might find it's easy to forget to take your medicines at this point in the day – it might be better to take them in the morning.

**Get a 'dossett box'** – some people find that having a 'dossett box' helps. You've probably seen these plastic wallets that have speared boxes for each day of the week (you can get them in Boots and other chemists). So, for instance on a Sunday night you fill up each day's box for the next week with the medicines you need each day. This really can help you keep control of your own medicines and help you not to forget. Also if you can't remember if you took your medicines one day you only need to check the box to find out.

**Remember to order more** – when you get your tablets, try circling the date when they will be running low on the calendar. This will remind you to ask your parents to order some more.





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**Find out what works** – the important thing is to find a strategy that works for you and to remember that the best way to stay like your friends and do the things you enjoy with them, is to stay well – and that means taking your medicines!

*You should find things get a lot easier with your parents when they see you taking responsibility for sorting out your own medicines. Showing that you are ready to take on this important responsibility will help you show your parents you are growing up and are ready do more things for yourself.*

For further information on all aspects of CGD, look at the Blue series, including:

- It's not fair. CGD makes me feel...
- Coping with...
- Eating and Diet
- What keeps me well if I have CGD?
- How to stay well
- Taking control

**Important Note:** The information contained in this document is intended only as a guideline, not as a substitute for medical advice. Always consult your doctor if you or your child has any CGD symptoms or concerns.

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