

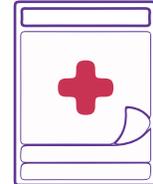
Remembering to Take Your Anti-Seizure Medicine



Taking anti-seizure medicine every day can be hard. Many people want to take their medicine the way their doctor tells them to, but sometimes they just forget. You, or your child, or your partner, may need to take medicine a few times a day and it can be hard to remember. Here are some tips that may help you.

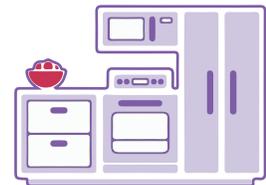
Use Signs or Symbols as Reminders

- Post notes in places you see often, like the refrigerator, bathroom mirror or front door
- Wear a bracelet, necklace or watch that reminds you to give/take the medicine.
- Make yourself a calendar or schedule that you can put on the refrigerator or someplace else that you will see



Keep the Anti-Seizure Medicine Where You Can See It

- Keep medicine(s) where children cannot reach but where you can see them
- Use a pillbox and place it at the back of the kitchen counter
- Keep it in a place that you walk by every day



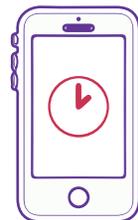
Link Giving the Anti-Seizure Medicine with a Routine

- At mealtime or bedtime if your schedule is the same time daily
- When you or your child brushes their teeth
- At the same time each day, like at 8 am and 8 pm
- For caregivers: give the medicine at the same time other people in the household take their medicine
- Pick a time that has meaning for you or your family



Use Technology as A Reminder

- Set an alarm – on your cell phone, stove, TV, FitBit, or other electronic device
- For caregivers: if the individual is taking medicine at school or work, send them a text message as a reminder
- Put a free smartphone app on your phone – **ask us** for more information about this!



General Travel Tips

- Plan ahead if you are going on a trip or changing your routine in some way
- Bring a letter from your doctor that says you need to travel with medicine
- Try to get extra medicine from the pharmacy if you are leaving the area
- Print out a medication schedule that you can take with you
- Keep extra doses of medicine in your purse, backpack or sleepover bag in case you forget to bring medicine with you



Remembering to Take Your Anti-Seizure Medicine

CONTINUED



At Home Plan for Remembering to Take Your Anti-Seizure Medicine

Which plan did you pick?

- Visual Reminder Pair with Routine Person Reminder Alarm Smartphone App

Who will be involved?
Where will this happen?
When will this happen?
How will you know it's working?

If this plan does not work, we will try:

- Visual Reminder Pair with Routine Person Reminder Alarm
 Smartphone App Web-based self-management programs (Webease, HOBSCOTCH)

If we need help, we can call:

- Epilepsy Nurse: _____
 Epilepsy Foundation: _____
 Other: _____