

Transitioning to Adulthood: Medication Management

When you turn 18, you are in charge of your health care. This includes your medicine, visits, and talks with your care team. This can feel like a lot, but these tips can help.

Learning to manage your medicine takes time. The goal is safe and steady self-care with clear habits and support. UW Health is here to help you through this process. Read this handout to learn how to manage your medicines.

Know Your Medicines

Make a simple chart with:

- What each medicine is for.
- How and when to take it.
- Common side effects.

Also keep track of:

- Your allergies to medicine or food
- Questions for your provider

You may want to ask your doctor:

- Why do I take this medicine?
- What should I do if I miss a dose?

Build Simple Habits

You can take charge step by step.

- Set alarms to take your medicine.
- Use a pill box to track doses.
- Use a calendar for reminders.

You can also:

- Call your clinic or pharmacy for refills.
- Track your supply and refill early.
- Bring your medicine list to visits.

Use Medicine Safely

Follow these safety tips:

- **Do not** share your medicine with others.
- Take your medicine as ordered.
- If you miss a dose, call your provider or pharmacist.
- Keep most medicine in a cool, dry place, or in the fridge if needed.
- Keep medicine in the original container.
- Check expiration dates often.
- Talk to your provider before you start new over-the-counter medicine or supplements.

More Tips

Use an app for reminders. This is helpful if you take medicine more than 1 time each day.

Ask for help from your care team, including doctors, nurses, and pharmacists.