

Medication Adherence Guide

Taking medication as prescribed is crucial for managing chronic conditions, preventing complications, and improving overall health outcomes. Many patients struggle with adherence due to forgetfulness, side effects, misunderstanding instructions, or complex dosing schedules.

1. Commonly Prescribed Medications

Metformin

Used for: Type 2 Diabetes

How it works: Reduces liver glucose production and improves insulin sensitivity.

Side effects: Nausea, diarrhea, abdominal discomfort (often temporary).

Tips: Take with meals to reduce stomach upset.

Lisinopril

Used for: High blood pressure, heart failure

How it works: ACE inhibitor that relaxes blood vessels.

Side effects: Dry cough, dizziness, high potassium; rare—angioedema (report swelling or difficulty breathing immediately).

Atorvastatin

Used for: Lowering cholesterol

How it works: Reduces risk of heart attack/stroke.

Side effects: Muscle pain, liver enzyme elevation.

Tips: Avoid grapefruit juice; monitor liver function regularly.

2. What to Do If You Miss a Dose

- Take it as soon as you remember
- If close to the next dose, skip the missed one.
- Never double-dose.
- For critical medications (insulin, blood thinners), contact your doctor.
- Log missed doses to track patterns.

3. Improving Adherence

Helpful strategies:

- Use digital tools to set reminders, trackers

- Link doses with daily habits (e.g., brushing teeth)
- Use pill organizers
- Keep meds visible and accessible (but safe)
- Involve family/caregivers
- Learn the *why* behind each medication

Digital tools like MediMimes can track missed doses and send reminders or personalized nudges.

4. Managing Side Effects

- Most are mild and temporary.
- Report serious symptoms: rashes, shortness of breath, palpitations, severe nausea.
- Don't stop medication without advice.
- Hydrate and take meds with food to ease stomach discomfort.

5. Drug Interactions & Safety

- Always inform your doctor about:
 - Other prescription meds
 - OTC drugs (e.g., ibuprofen)
 - Herbal supplements
- Example: NSAIDs may reduce blood pressure med efficacy and increase bleeding with blood thinners.

6. General Advice

- Never skip doses or stop early (especially antibiotics).
- Stay consistent with help from digital tools.
- Unsure about a medication? Ask your doctor—or MediMimes.

Remember: *The right medication, at the right time, in the right dose, can save lives.*

Common Symptoms and Their Basic Remedies

1. Cold

Symptoms: Runny nose, sneezing, congestion, sore throat

Remedies:

- Rest and stay hydrated

- Warm fluids (soups, teas)
- Saline nasal drops or sprays
- OTC antihistamines or decongestants
- Humidifiers can ease breathing

2. Cough

Types: Dry or productive (with mucus)

Remedies:

- Dry: Cough suppressants (e.g., dextromethorphan)
- Wet: Expectorants (e.g., guaifenesin)
- Honey in warm water/tea (age >1 year)
- Avoid cold drinks
- See a doctor if persistent or severe

3. Fever

Symptoms: Body temperature >100.4°F (38°C), chills, fatigue

Remedies:

- Paracetamol (acetaminophen) or ibuprofen
- Cool compress
- Light clothing
- Stay hydrated
- See doctor if fever >3 days or very high

4. Headache

Common Causes: Tension, stress, dehydration

Remedies:

- Paracetamol or ibuprofen
- Rest in a quiet, dark room
- Drink water
- Apply cold or warm compress
- Avoid screen time

5. Diarrhea

Symptoms: Frequent, loose stools

Remedies:

- Oral Rehydration Solutions (ORS)
- Avoid dairy, fatty, and spicy foods
- Eat light foods (bananas, rice, toast)
- Loperamide (if advised)
- Seek help if bloody stools or dehydration

6. Stomach Cramps

Causes: Gas, indigestion, menstrual cramps

Remedies:

- Warm compress on the abdomen
- Peppermint tea or ginger
- OTC antispasmodics
- Avoid heavy meals

7. Muscle Strain

Causes: Overuse or sudden movement

Remedies (R.I.C.E. Method):

- Rest
- Ice for 15–20 min (reduce swelling)
- Compression with a bandage
- Elevation
- Gentle stretching or pain relievers as needed

If symptoms persist or worsen, always consult a healthcare provider.