

Managing Multiple Chronic Conditions

Managing Multiple Medications

Often, patients with end-stage renal disease (ESRD) take multiple medications for a variety of ailments and conditions. Sometimes, it's a real challenge to remember which medication to take and when, not to mention how much of every medication to take and what each is for.

One thing you can do is to make a chart, like the sample below, to keep track of your medications.

Name of medication	Reason for taking medication	Number of times to take medication	Time to take medication	Take with food?	Prescribing doctor
Med #1	High Phosphorus	3 times per day	At meals	Yes	Matthews
Med #2	Diabetes	2 times per day	8 AM, 8 PM	No	Aaron
Med #3	High Blood Pressure	1 time per day	8 AM	No	Greenberg
Med #4	Anemia	2 times per day	8 AM, 8 PM	No	Greenberg

Here are some steps you can take to help make sure you manage your medications properly:

- Try to have all of your prescriptions filled at the same pharmacy so the pharmacist can keep track of all the medications you are taking
- Make a list of all your medications and their dosages, and keep a copy with you when you're out and about
- Take your medications at the same time each day
- Keep your medications in the same place

strongly recommended. The DPC Education Center is a section 501(c)(3) non-profit charity (37-1698796). Contributions are tax deductible to the fullest extent permitted by the law.

Source URL: <http://www.dpcedcenter.org/classroom/take-active-role-your-treatment/managing-multiple-chronic-conditions>