

Making Anti-Seizure Medicine Easier to Take



Sometimes taking anti-seizure medicine can be hard. Cutting pills in half, carrying liquid medicine, and keeping medicine cold can be a lot of work. Here are tips to make taking medicine easier.

Cutting Pills

- Ask your pharmacist about using a pill cutter. They are an easy tool to use if you have to cut your pills.
- Cut all the pills you will need for the week at the same time. This will make taking them fast and easy all week long!



Carrying Liquids

If it's hard to keep a full size bottle of liquid medicine with you, think about putting the anti-seizure medicine you need in a syringe. Place the syringe in a Ziploc® baggie or plastic container and keep it in a safe place.

- Local drug stores have syringes you can use for free, so be sure to ask. Try to get ones with a cap if you can.
- Ask your doctor/nurse for other tips on how to carry liquid medicine.



Keeping Anti-Seizure Medicines Cool

Some anti-seizure medicines need to stay cold. If you are on the go, this is hard!

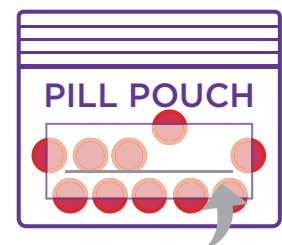
- Packing medicine in a closed bag of ice or carrying medicine in a small cooler may help
- Be sure to ask your doctor/nurse if doing this would keep your medicine at the right temperature.
- If not, ask if your doctor/nurse can think of any ways to keep your medicine at the right temperature while you are on the go.



Taking Many Doses of Anti-Seizure Medicines

If taking more than one dose of anti-seizure medicine a day is hard, talk with your doctor/nurse about ways to change when you take your medicine.

- If you have trouble remembering to take your medicine consider setting up a reminder. You can use a pillbox, an alarm on your phone or a seizure diary to help you. Ask your doctor or nurse about what option might be right for you.



Insert your reminder message