

Top five excuses for NOT taking medications — and suggested caregiver responses

Your loved one might use these excuses for not taking their medications. These responses will prepare you to encourage them to continue taking them as directed.

Excuse #1: “But I feel fine.”

Yes! You feel great because your medications are doing their job and working well. If you stop taking or reduce any of your medications you could have serious medical problems.

Excuse #2: “I can’t tolerate the side effects.”

Let’s talk to your doctor about minimizing side effects. Finding the right drug, the right dosage, and the right drug combination takes time. Your doctor can make these adjustments.

Excuse #3: “My prescriptions are too expensive.”

Yes, medications can be expensive, but they are your lifeline for success. At your next appointment, we will talk to your doctor about generic drugs or drug assistance programs to lower costs. Do not miss or go without your medications. Do not skip or split pills to “stretch” medications.

Excuse #4: “I can’t keep track of all my medications.”

It’s difficult to keep track, but we can use these tools to help us:

- Keep up-to-date medication lists in the binder
- Pill boxes
- Set a cell phone or a watch with alarms when it’s time to take medications
- A phone call to remind you

Excuse #5: “My medicine is not helping me.”

You don’t feel a difference, but why don’t you think they are working? Your blood work tells the doctors they are working. Never increase, decrease or stop taking any medication without talking to your doctor first.