



SO WHAT IS YOUR EXCUSE?

NOT TAKING YOUR MEDS AS DIRECTED IS A PRESCRIPTION FOR TRANSPLANT TROUBLE!



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 invite serious medical trouble.



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

Speak to your doctor about any side effects you may experience. The right drug, the right dosage, the right drug combination takes time to adjust to minimize side effects and only your doctor can determine these factors for you.



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

Yes, medications can be expensive but they are your lifeline for transplant success. Do not let pride, insurance coverage lapse, or lack of funds ever interfere with taking your medications. If you have a problem affording your drugs, please speak to your doctor about available drug assistance programs before ever missing or going without medications. Do not ever skip or split pills to “stretch” medications before your next prescription refill is due.



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

If you have difficulty keeping track of your medications, set up a medical notebook to keep accurate up to date medication charts. Ask your transplant coordinator and/or doctor to review your medication schedules at each clinic visit. Wear a timer wristwatch or use a pillbox to remind you to take your medications at the proper time. Make it a habit to take your medications on time every time without exception.



Excuse #5 *“My medicine’s not helping me.”*

Just because you do not feel a difference does not mean there is not one. Your blood labs tell the doctors how your medications are working and they adjust dosages as needed. Never increase, decrease or stop taking any medication without asking your doctor first. Do not take supplements, vitamins, or over the counter drugs without first consulting with your doctor for permission to do so for they may interfere with the actions of your prescribed drugs.

Bottom Line: There is NO excuse not to take your prescribed drugs as directed!