

<https://www.merckengage.com/caregiving/tips-for-giving-medicine>

Go

APR

MAY

JUN

◀

08

▶

2018

2019

2020

[1 capture](#)

8 May 2019

About this capture

[Caregiving](#) > Tips and Advice for Giving Care

Tips for Giving Medicine to a Loved One



Tips for giving medication as a caregiver

Giving medicine to the person in your care can be challenging—especially when there are different types of medicines and dosing schedules to follow. Here are some tips to help make things easier.

Make it routine

Giving medicine as part of daily routines, such as brushing teeth or getting ready for bed, can make it easier for you and the person in your care to remember. If it can be taken with food, consider giving medicine with meals.

Keep a medicine calendar

Write down when medications are to be taken and make a note every time a dose is given. You'll be able to see at a glance what you've already done or what you need to do.

Use reminders

Put a note on the medicine cabinet, refrigerator, or even the front door to help you remember what medicines are needed and when. This is especially helpful when new medicines are prescribed, and during unusually busy times for you and/or the person in your care.

Get organized

For example, you can place blue tabs on bottles that contain medicine to be taken in the morning, red tabs on bottles that contain medicine to be taken in the afternoon, and yellow tabs on bottles that contain medicine to be taken at night. If medications are to be taken less frequently, it may help to set a reminder on your cell phone or computer.

Be on the lookout for any changes

You know it's important to give medicine only as directed and for the amount of time prescribed by the doctor. If symptoms worsen, or if the medicine does not seem to be helping the person in your care, contact the doctor. Do not change doses or stop giving medicine without checking first with the doctor.

Keep medicines separate

Never mix different medicines in the same container. This may appear to make things easier to manage, but it can cause confusion if different pills get mixed up. Leave labels on the containers because they usually contain directions for use and other important information.



<https://www.merckengage.com/caregiving/tips-for-giving-medicine>

Go

APR

MAY

JUN

08

2018

2019

2020



About this capture

This way you'll be able to read the label and ensure you're giving the correct dose.

[1 capture](#)

8 May 2019

Store medicine properly

The doctor or pharmacist will be able to give you specifics about how to store medicine for the person in your care. In general, it's not a good idea to keep medicine in or near damp places, such as the bathroom or near the kitchen sink. (Moisture can affect the strength of the medicine.) Heat, direct light, and freezing temperatures are other things to avoid. Also, do not leave medicine in your car for long periods of time because extreme temperature changes could damage it.

Check expiration dates

Your pharmacist can help guide you as to the best way to dispose of expired medicine.

As a caregiver, it's important to learn all you can about your loved one's condition. See how you can [make the most out of his or her next doctor's visit](#).

FIND OTHER RELATED ARTICLES

5 Steps to Being the Best Caregiver You Can Be

Most people care for loved ones at some point in their lives, according to the Family Caregiving Alliance...

Giving Care and Knowing What to Share

As a caregiver, you can make a real difference in the life of someone you're caring for. You can help your friend or...

8 Tips to Help Manage Stress When Caring for a Loved One

When was the last time you put your own well-being at the top of your to-do list? It may take some patience and...

