

Transition Exercise: My Medicine

Keep track of your medicine online: Request prescription renewals online and view your medicine through **MyChart**. MyChart is convenient and can help you access your prescriptions online from your computer, tablet or smartphone. Create or access your MyChart by visiting <https://mychart.texaschildrens.org/MyChart>

I am going to remember to take my medicine because _____

If I forget to take my medicine I will _____

These Are My Medicines

1) The name of my medicine is _____

How much do I take (dose)? _____

I take this medicine _____ time(s) each day (or _____)

I take this medicine at _____ am/pm _____ am/pm _____ am/pm _____ am/pm

This medicine helps my body by _____

If I miss taking it I should _____

2) The name of my medicine is _____

How much do I take (dose)? _____

I take this medicine _____ time(s) each day (or _____)

I take this medicine at _____ am/pm _____ am/pm _____ am/pm _____ am/pm

This medicine helps my body by _____

If I miss taking it I should _____

IMPORTANT: Ask your doctor before you mix your medicine with over the counter medicine, other prescription medicine, drugs or alcohol!

Resources:

www.drugcocktails.ca

www.drugs.com

