

Did you know?

Adherence is the medical term used to explain how well someone can stick to the medicine plan



Who cares about adherence?

- We care!
- Missing medications can cause transplant rejection and can lead to transplant failure
- Missing medications is the main reason that people lose their organ transplant.
- We want to help you take your medications on-time, every time—for a healthy transplant!

Who can help me with adherence?

- Your transplant team can help you get organized
- You can meet with the pharmacist or nurse
- Ask your doctor for help

What is a normal medication schedule after transplant?

- You will be taking “anti-rejection” medicine to keep your kidney, heart or liver safe, and to keep you healthy
- These medicines only protect you for limited time, so they need to be taken at the same time every day.
- If a dose is late or missed, your transplant spend those hours unprotected and at risk

How long will I have to take my anti-rejection medicine?

- You will need to take your anti-rejection medicines:
 - every day
 - for the rest of your life



TIPS on how to take pills on-time, every time!

Get the facts!

- Ask about your medicine and take control
- Talk with your medical team to know what your medicines are for
- Tell your team about side effects and ask how to manage them
- Ask what to do if you miss a dose
- Find out what to do if you are sick and cannot keep your medicine down
- We all want you to get healthy together!



Simplify your medication schedule

- Plan a time every day for your medications.
- The fewer medication times each day, the better.
- Try to schedule your medication times no more than twice per day
- Once-daily is best. Ask which medications can be taken once per day
- Always take once daily medications in the morning

Have a plan!

- Make a daily schedule for all the things you do in a day, like eat meals, go to school and go to bed
- Find an activity you do at the same time every day – like getting ready for school, doing your homework, or having a meal — and take your pills at that time every day

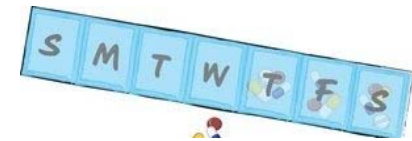


Stay organized.

- Keep the medications in one place, like in your kitchen, so that medications can be given around meal-times

Always use a pill-box.

- There should be a separate place for each dose, each day of the week



- A pill box or “dosette” is one of the best ways to keep organized
- and check that every dose has been taken

Set an alarm.

- Use a wristwatch or cell phone to set alarms for 15 minutes AFTER the medicine is due (like 8:15)
- This will remind you to check that you took your medicine. If not, it's now urgent to do it right away!



Find a dose buddy!

- If other people at home take medicines, then you can help each other to remember!



Who is responsible for making sure I get my medicine?

- Parents or their guardians are responsible for making sure that medicine is given to their children at the right time every day
- As children grow up they start to become more independent
- It is important to help teens learn to be responsible

Get your teen involved

- Teens want to start to be responsible for preparing and taking their medications
- Start simple and start slowly
- Help them to fill pill boxes
- Encourage them to learn the name of the medicine and how it works
- Show them where you pick the medicine up
- Teach them how to order medicine from the pharmacy
- Review what to do if they forget a medicine or are sick and have trouble keeping the medicine down

But remember it is the parent or guardian who is responsible to make sure every dose has been taken

Stop nagging me!

- Instead of asking your teen “did you take your meds?” - **check the bubble-pack or pill-box first**
- If the pills were taken, great! Take the opportunity to encourage good habits!
- If the pills are still there, you can bring them to your teen. That’s working together!



What do I do if I am sick cannot take my medicine?

- Call your health care team and they will help you
- If you are vomiting and you cannot hold down your medicine you may have to come to the hospital

Who can I talk to if I am having a hard time sticking to my medicine plan?

- Talk to your health care team –they are experts in helping you to learn how to take your medicine

We are here to help!

**Contact us at:
The Multi-Organ Transplant Clinic
At BC Children’s Hospital
K4-172, 4500 Oak Street
Vancouver, B.C. V6H3N1
Phone: (604) 875-3613**

BC Children’s Hospital, an agency of the Provincial Health Services Authority, provides expert care for the province’s most seriously ill or injured children, including newborns and adolescents. BC Children’s is an academic health centre affiliated with the University of British Columbia, Simon Fraser University, and the Child & Family Research Institute. For more information, please visit www.bcchildrens.ca.

IMPORTANT

This information is general and is meant to assist in discussion with your physician, nurse, pharmacist or other healthcare professional. It may not apply to your case. This pamphlet does not contain all known information about Adherence. Consult your healthcare professional to find out how this applies to you, or if you have any questions.

Adherence to Transplant Meds

Tips to help you to stick to your medicine plan



Multi Organ Transplant Program
Heart Transplant
Kidney Transplant
Liver Transplant