

Managing Medications

Below are tips to help you learn about and take your anti-seizure medicines. Learn more at <https://www.epilepsy.com/treatment/medicines>.

What should I know about my medicines?

- **Name:** Know the name of your medicines.
 - The **brand name**, such as Tylenol[®], is the name that the drug company gives it.
 - The **generic name**, such as acetaminophen, is the name of the actual drug.
- **Dose:** Know the dose of your medicines. The dose is the amount (milligrams) of the medicine you take.
- **Timing:** Know when to take your daily medicines, such as morning, evening, or both.
- **Type:** Know the types of seizure medicines.
 - **Rescue medicine** is for emergency use only, such as for long or back-to-back seizures. A seizure action plan explains when and how to use your rescue medicine.
 - **Daily medicine** is taken every day to prevent seizures.

What else should I know about my medicines?

- **Side effects:** Tell your doctor about any side effects, such as feeling sleepy or dizzy.
- **Interactions:** Seizure medicines can interact with other medicines, foods, and vitamins.
 - Interactions are common with medicines for mood, cholesterol, and birth control. **Do not stop taking these medicines.**
 - Make sure your doctor knows all the medicines you take.
 - Tell your doctor if you start or stop a medicine.
- **Alcohol:** Drugs and alcohol can make seizure medicines not work as well.

How do I get my medicine?

- Your doctor will send your medicine prescription to your pharmacy.
- You may have to call your pharmacy to refill your medicine. Keep your pharmacy's phone number and address easily available, such as on your phone.
- Use auto-refill, home delivery, or 90-day supplies to help you not run out of medicine.

How can I remember to take my daily medicine?

- Use a pillbox.
- Use a device, such as your phone, to set alarms. Put reminders in your planner or calendar.
- Pair the time you take your medicine with a daily activity, such as eating breakfast or brushing your teeth.

What if I have other questions or concerns about my medicine?

- Keep your doctor's phone number and address easily available, such as on your phone.
 - Call or message your doctor on MyChart about problems with your medicine, such as side effects.
 - **If it is an emergency, such as a big allergic reaction, call 911. Do not use MyChart for emergencies.**
- Your pharmacy can answer non-emergent questions about medicine, too.