
SCHOOL OF MEDICINE & DENTISTRY
Allergy, Immunology & Rheumatology

- **Understand why you need the medication**
 - Get to know your disease and how the medication will help you.
 - Use reliable resources to learn about possible side effects – see below for resources (remember that not everyone gets all possible side effects).
- **Understand how to take the medication** – (how often, with meals or on empty stomach)
- **Find ways to help remember to take the medication at the prescribed times**
 - Consider a pillbox to help organize your medications by day and time.
 - Use electronic devices such as your phone to remind you.
 - Time your medicine with your daily activities such as brushing teeth.
- **Get help**
 - Ask a family member or friend to help organize your medications.
 - Join a support group (discuss information with your healthcare provider).
- **Ask about medication forms that might be better for you**
 - By mouth (tablets, capsules, liquids), injections (under the skin, in the muscle or joint) or intravenously (some options may not be available for certain medications or because of insurance coverage).
- **Cost**
 - If you unable to afford medications check with your doctor, nurse or pharmacist about programs that may help offset the cost.
 - You may also be able to get alternative medications that are affordable.
- **If your feel that the medication is not working**
 - It may be due to severity of your arthritis; you may need higher doses, additional medications or possibly a different medication.
 - Your symptoms may be due to a different medical problem.
- **Other important things**
 - Keep to scheduled office visits with your healthcare provider and with laboratory tests that are needed to monitor for benefits and side effects of the medication.
 - Make sure to keep an updated list of your medications and allergies and tell your doctor about any changes.
 - Be sure to inform your doctor if you are pregnant, plan to get pregnant or are breast feeding.

Ask your healthcare provider, nurse or pharmacist

Use MyChart for non-urgent questions

Additional information is available at the following websites

The American College of Rheumatology