

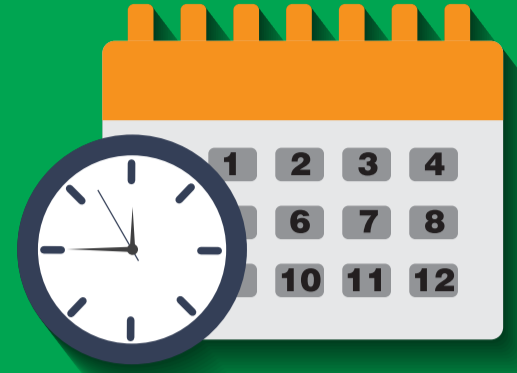


KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA



WHAT IS TREATMENT ADHERENCE AND WHY IS IT IMPORTANT?



Treatment adherence is when you take your medication correctly; the correct pills, in the right amount, at the right time of day or night, for the entire time period that the doctor or nurse asked you to.

Why is it important to complete your treatment?

Failure to follow a medication plan can result in you not getting better or being cured, you could also have to be re-admitted to hospital. If you don't take your medicine correctly, your body could build up a resistance to the medication and it won't work to cure you the next time you have to take the medicine.

If you have a chronic condition or complex medical problem you are probably going to need to take medication for a long time or maybe for the rest of your life. To do this you need to understand that the medicine you have been prescribed is very important to save your life and you will need to take it exactly as prescribed. The Department of Health understands that this is not easy, we want to work with you to find the best way to help you take your treatment correctly.

Please don't stop taking your medication because:

- You feel better
- You think the medicine is no longer working
- You are experiencing side effects. If you are experiencing any side effects please go to your Health Facility immediately.
- There are just too many pills to swallow
- You have no food in your stomach. Ask your Health Care Provider for a food supplement.

Please **GO** to your nearest Hospital or Clinic and explain whatever reason is stopping you from taking your medication. Together we can make a plan to help you adhere to your treatment.

For many patients, taking a lot of pills every day is not easy. Here are some ways to help remember to take your medication:

- Get a pill box from your local chemist and put your pills in there, it will help you remember which ones to take every day.
- Set a time reminder on your cellphone.
- Diarise the date you will next visit your clinic and hospital to collect your medication.
- Write down what medication, date and time you have taken your daily/weekly medicine medication.
- Ask a family member or friend to be your treatment buddy, this means they will watch you swallow your medicine every day and record what you have taken.

Remember TB and Drug Resistant TB can be cured, if you start your treatment early and you complete your treatment.

 KwaZulu-Natal Department of Health

 KZN Department of Health

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TOGETHER**