

## Adherence to Pharmacological Treatment



Adherence to pharmacological treatment means complying with the way your doctor has instructed you to use your medications, this considers dosage, frequency and duration. However, it is important to keep in mind that if you do not follow the indicated medical treatment, the symptoms will not be relieved and the condition may worsen.

### Precautions to avoid drug interactions:

This occurs when there is a connection between the medications, beverages, foods, or supplements you use. To prevent a reaction, you should inform your primary care physician and specialists about all the medications you use.

### Some recommendations to avoid drug interactions:

If you are using medications, avoid alcohol.

Do not use insomnia medications if you are using sedatives or tranquilizers.

Consult your physician before using aspirin containing products.

If you have abdominal pain, nausea or vomiting, do not use laxatives.

Do not use nasal decongestant if you are using prescription drugs for hypertension, diabetes or if you have heart disease, unless directed by your doctor.

Some medications may cause mild or severe allergic reactions, such as rash, swelling or difficulty breathing.

### Recommendations to promote adherence to pharmacological treatment:

- Know the name, dosage and what each of your medications are for.
- Consult with your doctor about your concerns regarding prescribed medications or treatment to be followed.
- Keep medications away from heat, light, and moisture.
- Follow your doctor's recommendations and the warnings on the bottle.
- Have a system to remember to use your medications, such as alarms on your phone or separate bottles for days and hours.
- Know which medications you cannot use at the same time as other medications.
- Use only one pharmacy to purchase your medications.
- Use only the dosage recommended by your doctor.
- Tell your doctor if you have experienced side effects or if you will stop taking any medications.
- Ask your doctor or pharmacist if you can use any over-the-counter medications.
- Do not share your prescription medications with others.

### Similarity between generic drugs and brand-name drugs:

The quality of generic and brand name drugs are regulated with strict safety standards by the Food and Drug Administration (FDA). It is important to note that you should consult with your physician if a change in medications is the best treatment option for you.

Some details are:

Content in doses of medication	Safety
Power and effectiveness	Quality of the product
Way it works in the body	How it is used

The main difference between the drugs is cost, name, and appearance. However, they contain the same active ingredient and work in the same way.



### Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

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Prepared by Licensed Health Educators.

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