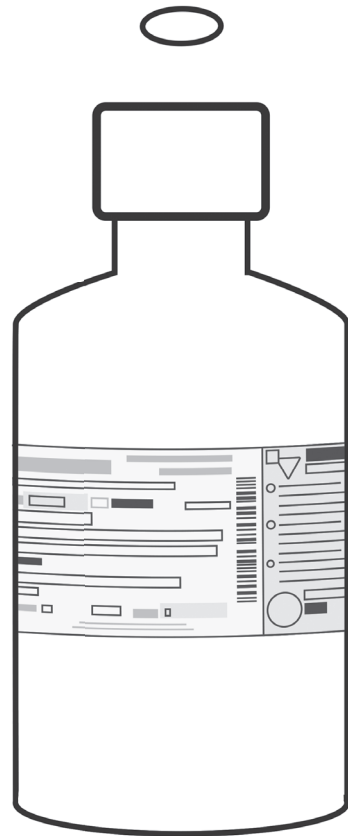




HEALTHY KIDNEYS

TAKING MEDICINES ACTIVITY SHEET



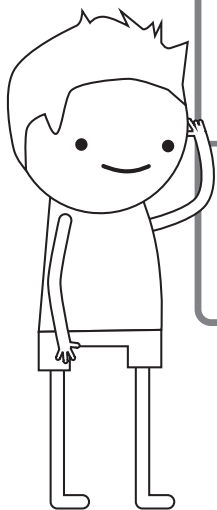
Taking Medicines helps your body when you need them. Can you match all of these objects on the table to their names below? Draw a line to connect them!



- syringe reminder medicine bottles pill organizer pills

MY MEDICINE SCHEDULE

Can you help Trevor figure out his medicines?



<p>My Blood Pressure Medicine 1 tablet = 5 mg 5 mg once per day in the morning</p>
<p>Iron 1 tablet = 300 mg 300 mg 2 times per day, morning and night</p>
<p>Vitamin D 1 tablet = 1000 international units 2000 international units once per day in the morning</p>

- How many blood pressure pills does Trevor take every day? _____
- How many iron pills does Trevor take in one day? _____
- When does Trevor take his iron pills?

- How many Vitamin D pills does Trevor take in one day? _____
- How many pills in total does Trevor take in the morning? _____

TAKING MEDICINES WORD MATCH

Can you match the words to their definition?



BUBBLE OR BLISTER PACKS



MEDICINES



PILL ORGANIZER



REMINDERS



INJECTION



PILL

A medicine that we swallow. They might be different shapes (round, long and skinny,

- football-shaped, etc.) and different colours. They should only be taken as directed by your health care team or the Pharmacist.

These can help us check if we have taken medicine when you are supposed to. We can set an alarm for 15 minutes after we are

- supposed to take medicine. When the alarm goes off, it reminds us to check we have taken the medicine. If we have forgotten, we can take it then.

- A container used to organize daily pills.

Another word used by health care workers

- when they talk about giving someone a needle or shot.

Packages put together by the Pharmacist

- with all of our medicines sorted out. Each package will contain a one-week supply of medicine, and will usually have 4 slots for medicines for each day.

These can have many forms like pills, liquids, creams, injections or puffers. They are

- prescribed by a doctor to treat different problems. We should always take them the way the doctor prescribes them.

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:

A medicine that we swallow. They might be different shapes (round, long and skinny, football-shaped, etc.) and different colours. They should only be taken as directed by your health care team or the Pharmacist. These can help us check if we have taken medicine when you are supposed to. We can set an alarm for 15 minutes after we are supposed to take medicine. When the alarm goes off, it reminds us to check we have taken the medicine. If we have forgotten, we can take it then.

A container used to organize daily pills. Another word used by health care workers when they talk about giving someone a needle or shot.

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TAKING MEDICINES WORD MATCH
Can you match the words to their definition?

Can you help Trevor figure out his medicines?

MY MEDICINE SCHEDULE

My Blood Pressure Medicine 1 tablet = 5 mg 5 mg once per day in the morning	Iron 1 tablet = 300 mg 300 mg 2 times per day, morning and night	Vitamin D 1 tablet = 1000 international units 2000 international units once per day in the morning
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1. How many blood pressure pills does Trevor take every day? 1

2. How many iron pills does Trevor take in one day? 2

3. When does Trevor take his iron pills? MORNING AND NIGHT

4. How many Vitamin D pills does Trevor take in one day? 2

5. How many pills in total does Trevor take in the morning? 4

Taking Medicines helps your body when you need them. Can you match all of these objects on the table to their names below? Draw a line to connect them!

syringe
reminder
medicine bottles
pill organizer
pills