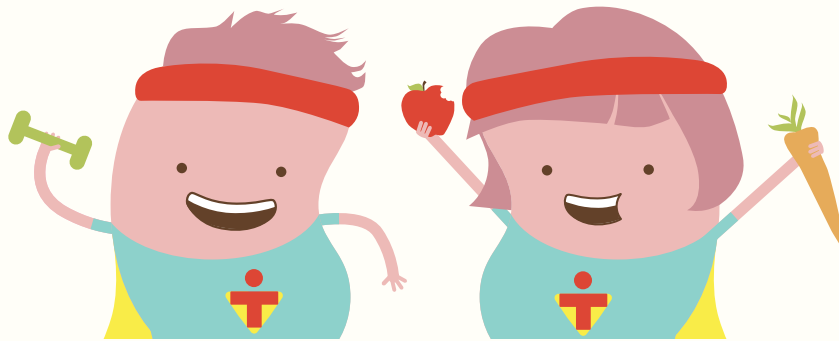


# HEALTHY KIDNEYS TAKING MEDICINES



## RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!
3. Balance
4. Connections
5. Healthy Eating
6. Being Active
- 7. TAKING MEDICINES**
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary







## HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

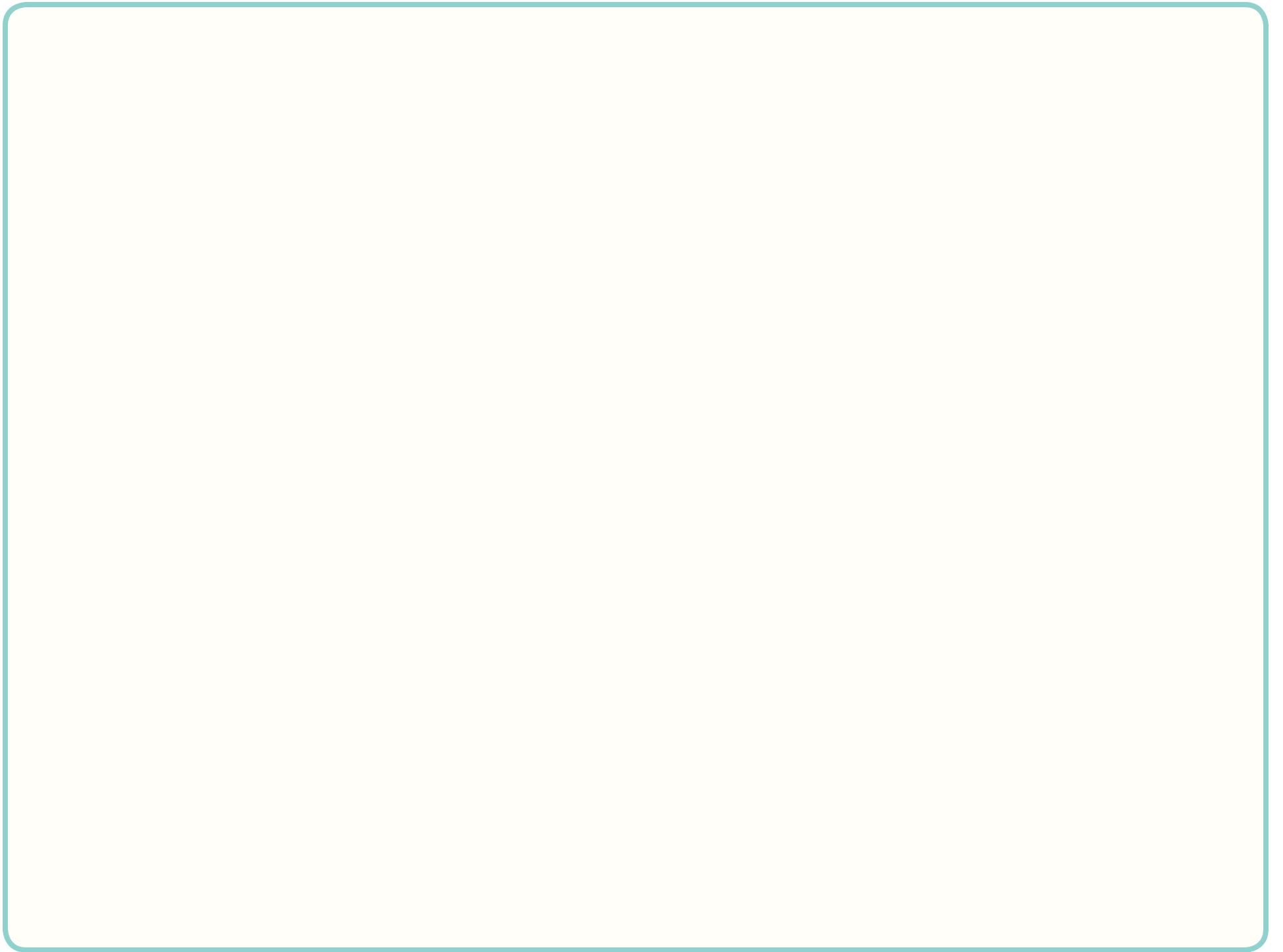
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

### Developmental levels within this resource:

**PRE-SCHOOL LEVEL**

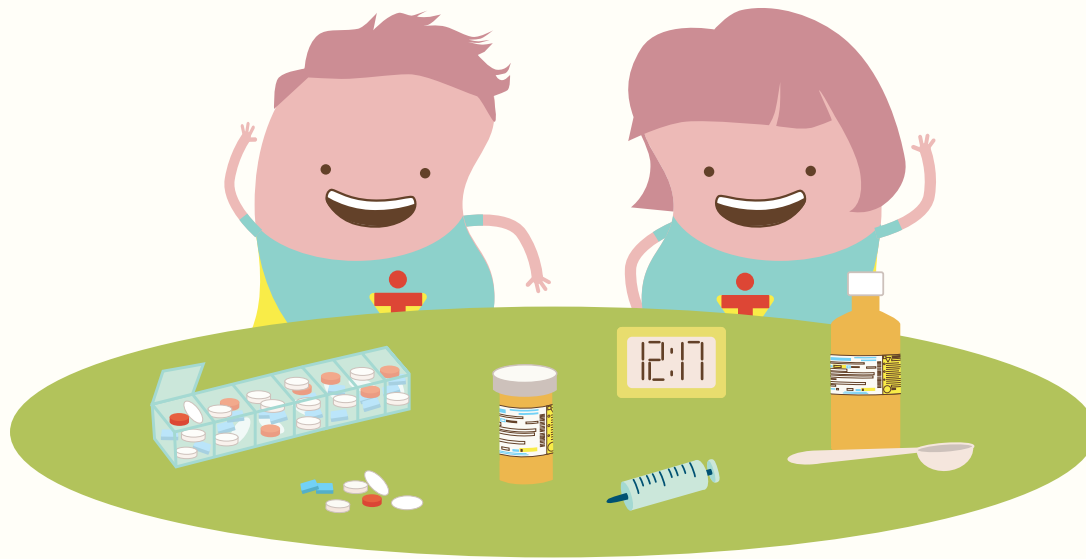
**SCHOOL AGE LEVEL**

**ADOLESCENT LEVEL**



# TAKING MEDICINES

PRE-SCHOOL LEVEL

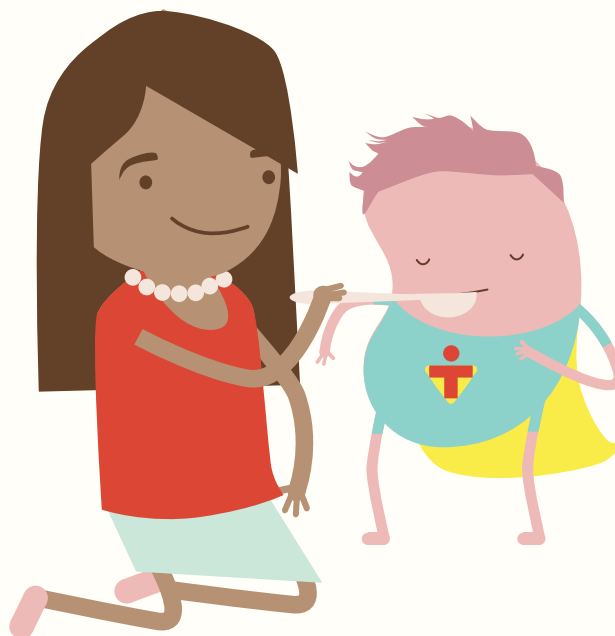
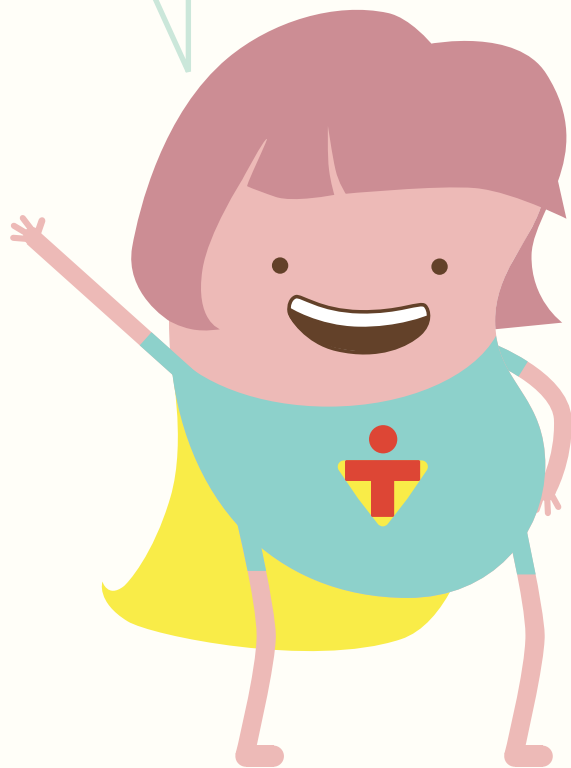


## RESOURCES MENU

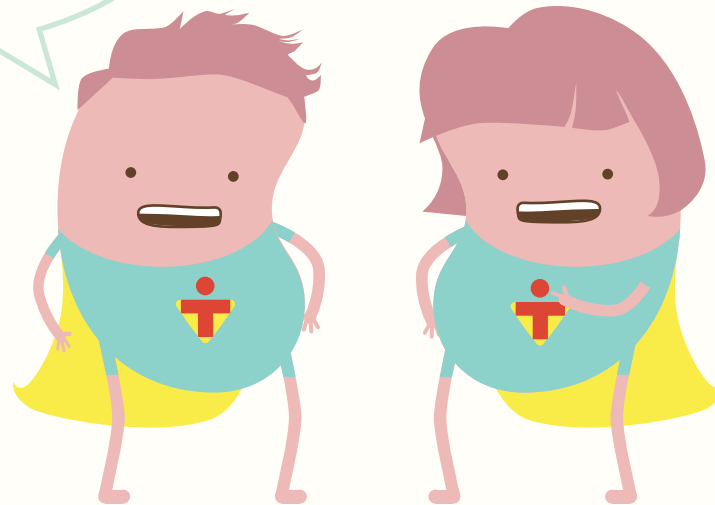
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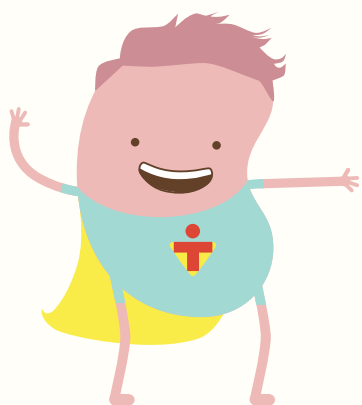
**Medicines** help my body  
when I need them.



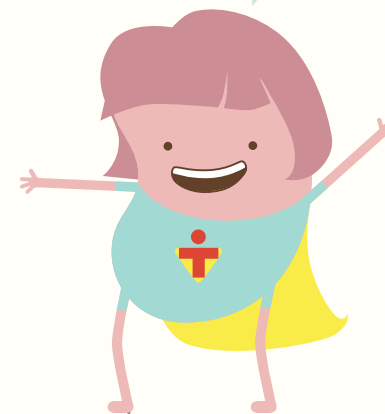
If you find a **pill** or a piece of candy - **STOP!** Give it to a grown up right away. **Never** taste it first!





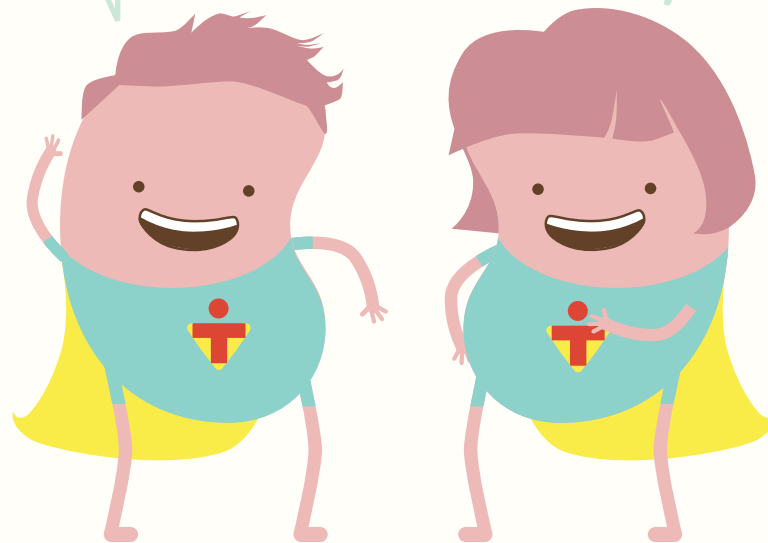


My name is on my medicine bottle. Then everyone knows it's for me!



Medicines help my body  
when I need them.

My parents are in charge  
of my medicines.



**UP NEXT: SCHOOL AGE LEVEL**

# TAKING MEDICINES

SCHOOL AGE LEVEL



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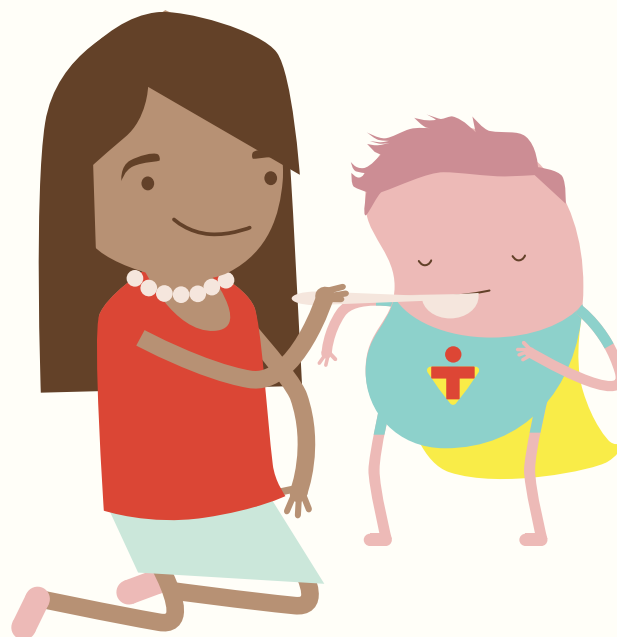
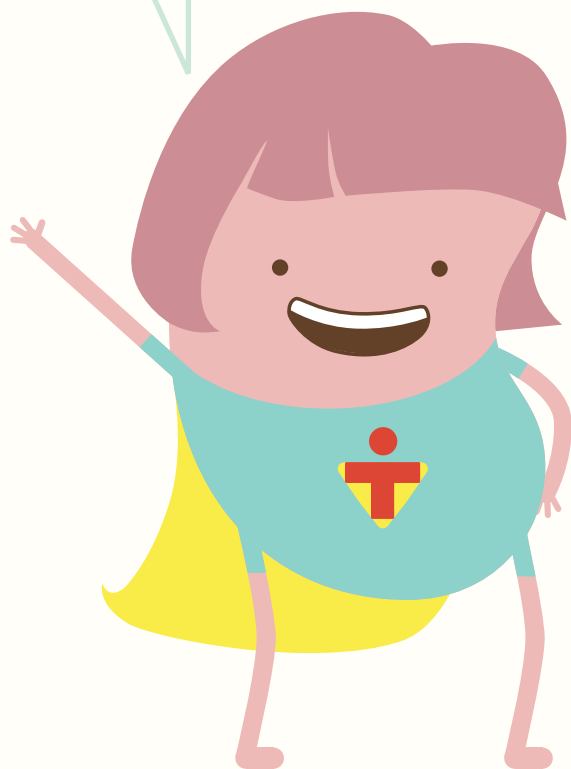


Hey, are these candies  
on the table?

I'm not sure. We should  
ask a grown-up!



**Medicines** help my body  
when I need them.



Even when I'm busy playing, I stop and take my medicines.

I know – I just take my medicines fast and then I can go back to having fun!



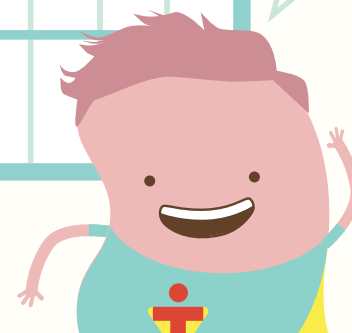
Date: \_\_\_\_\_

## Kidney Medicines Schedule

Drug	Dose Times	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun
<b>Oxybutynin 5 mg tablets</b> Give 1 tab THREE times a day (for urine flow)	breakfast	✓	✓	✓											
	supper	✓	✓												
	bedtime	✓	✓												
<b>Ferrous sulphate 300 mg tablet</b> Give 1 tablet TWO times a day (iron supplement)	breakfast	✓	✓	✓											
	bedtime	✓	✓												
<b>Sodium citrate 1 mmol/mL oral solution</b> Give 25 mL TWO times a day (for acid/base balance)	breakfast	✓	✓	✓											
	bedtime	✓	✓												
<b>Replavite tablets</b> Give 1 tablet ONCE daily (vitamin supplement)	breakfast	✓	✓	✓											
<b>Calcitriol 0.25 mcg capsules</b> Give 1 capsule ONCE daily (for bone health)	breakfast	✓	✓	✓											
<b>Amlodipine 5 mg tablets</b> Give 2 tablets (10 mg) ONCE daily (for high blood pressure)	bedtime	✓	✓												
<b>Vitamin D 1,000 unit tablets</b> Give 1 tablet ONCE daily (for bone health)	breakfast	✓	✓	✓											

Do you know the names of the medicines you take?

My parents and I made a **chart** for medicines I need every day so I can start learning the names.





My parents will have to figure out what will work best for us so I always get my medicines on time.

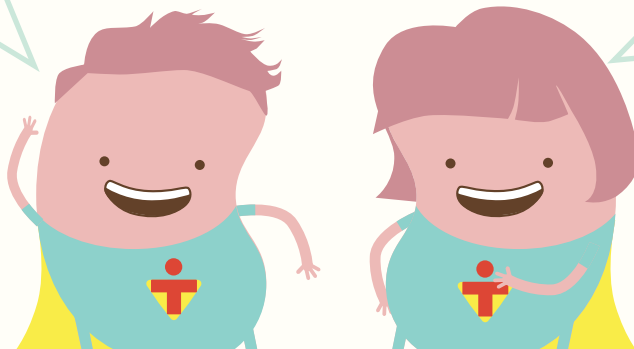
I swallow **pills** so my parents use a **pill box**. They say that's the easiest way to keep track of my medicines.





My Dad uses an alarm on his phone to remind him when it's time for my medicine.

At breakfast time, I can help by reminding my Mom. She always gives my medicines to me before we eat so she doesn't forget.



**UP NEXT: ADOLESCENT LEVEL**

# TAKING MEDICINES

ADOLESCENT LEVEL



## RESOURCES MENU

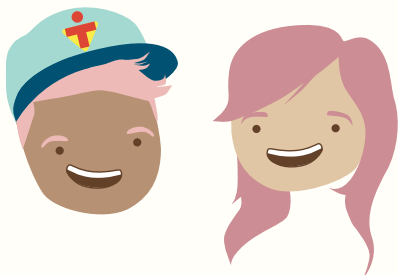
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## TAKING MEDICINES

It took a while to learn how to take **medicines** on time.

For a while, my parents kept forgetting my medicines especially when we were going away for a few days. We had to try a bunch of "**strategies**" until we got it.

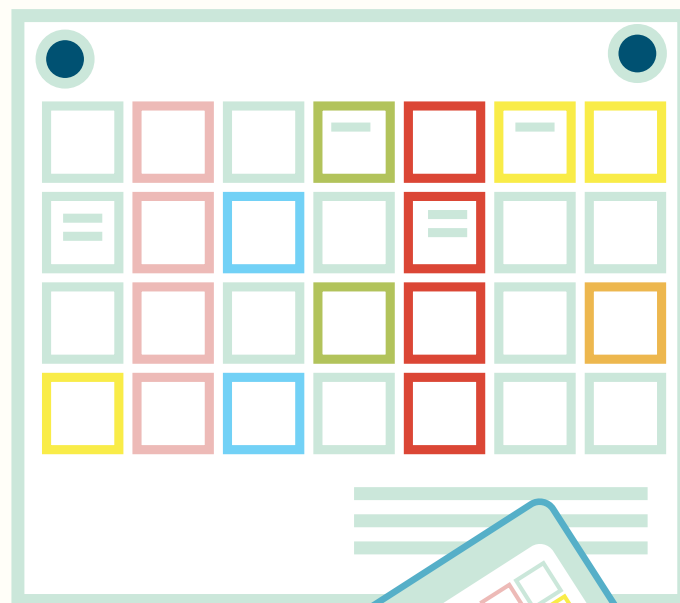




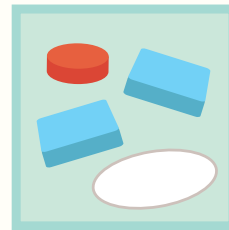
We tried the alarm but it didn't work very well for us, mostly because I wasn't always with my Dad.

I like that phone app that lets me keep track of names and reminds me to take medicines. I am always putting information into my phone anyway so it's great when I come to the clinic.

My Mom is old school so we made up this chart to put on the fridge and we check it off every time I take a medicine. I can take most of my medicines at the same time. My **Pharmacist** really helped with that.



## DAY ONE



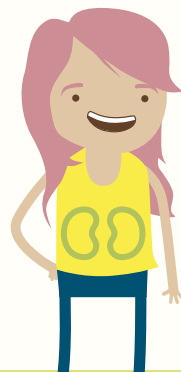
I use a **pill box**. I fill it once a week and my mom checks it to make sure I've got it right.

That way my parents know when I am getting low on medicines. My Pharmacist says to always have at least one week of medicines on hand.



I have started calling the pharmacy to ask for refills. My Dad listens in the background in case I need help.

Really? You order your own medicines? Wow. I'm going to work on that.

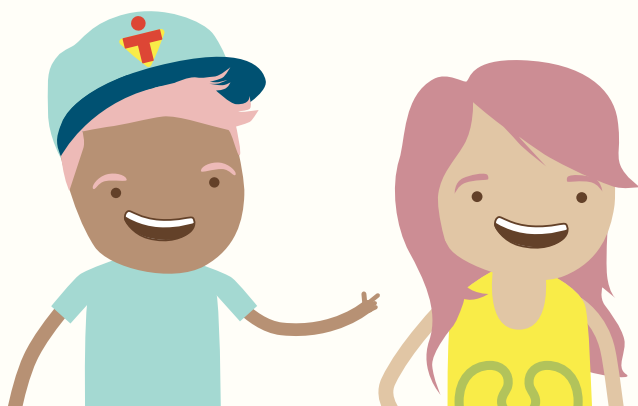
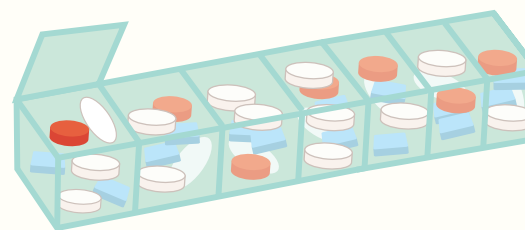


When I am going to be away from home, it can get kind of hard to stay organized. I need to take my pill bottles.

Yes, my Pharmacist says to always take a few extra days of medicine with you. If you plan to be gone for 4 days, take the full 7-day pill box anyway.

The best thing is to plan: check that I have enough pills and pill boxes. My parents talk to my Auntie to make sure she knows who to call if there are any questions.

I need to get some extra pill boxes!





I've been trying to learn the names of my medicines but it's hard! I keep trying because I know how important it is to know them.

It's a lot easier to take my medicines now that I know what I take them for and how they help me.



Keeping my **kidneys** healthy means I have to get my medicines at the right times.  
We can do it! Here are some tips:

### Tips for Taking Medicines

- Make a **schedule** of all your medicines and the times you need to take them
- Take medicine with something else you do regularly, such as eating or brushing your teeth
- Keep all medicines together
- Prepare your medicines for each week with a pill box (or **bubble pack**)
- Use **reminders** to check that you took your medicines on time
- Ask your **Kidney Health Team** for more tips!

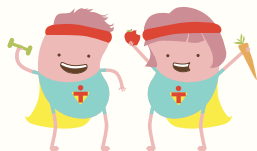


It got easier to get my medicines right, especially with help from my Kidney Health Team. There are lots of “strategies” for me and my parents to use.

The **most important** things for taking medicines:

- plan your schedule and reminders
- use pill boxes to organize your medicines
- know what you take your medicines for





Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or [jstrong@exchange.hsc.mb.ca](mailto:jstrong@exchange.hsc.mb.ca) or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>