



# Medication

## Correct intake

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### The concept in a nutshell

According to the health survey conducted by the Swiss Federal Office of Public Health (BAG/OFSP/UFSP/FOPH) in 2012, around 50% of patients treated with medications did not take their prescribed medications correctly. However, medications can only work optimally if they are taken according to the doctor's prescription.

Why are medications not taken correctly?

- Forgetfulness, or the hustle and bustle in everyday life
- Lack of overview when taking multiple medications
- Difficulty in taking medication due to physical impairments, such as eye problems or shaking hands
- Distrust of the information on the package inserts
- Arising side effects
- Interactions with other medication or remedies
- Interactions with certain foods (e.g. milk, grapefruit juice)
- The effect of the medication is not noticeable (e.g. in case of hypertension) or has a delayed effect (e.g. with psychotropic drugs).

### What can you do?

In order for your treatment to be successful, a good and trusting exchange of information with your doctor is important.

Always inform your doctor about your current condition and problems with taking your medication. This way, your doctor can optimally tailor your therapy to your needs.

Doctors should also know about any additional medication you have bought without a prescription, such as painkillers, alternative remedies or nutritional supplements that you may only occasionally take. Such medicinal products can interfere with your prescribed medication and adversely affect your therapy. Therefore, you should also list these on your medication plan and show this overview every time your doctor prescribes new medication or changes the therapy.

Do not risk reducing the effectiveness of the medication or worsening your disease by changing the dose or discontinuing any medication without consulting your doctor.

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## Here is how you can find out more

concordiaMed, CONCORDIA's 24-hour health consultancy, will be happy to answer any further questions you may have. **+41 41 210 02 50**

To prepare for a doctor appointment, please consult our checklists «Medicative Therapy» and «Medical Consultation» in the Health Compass.

Do you have any questions? Write to us. You can reach us at **[healthcompass@concordia.ch](mailto:healthcompass@concordia.ch)**.

My notes

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**CONCORDIA**  
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