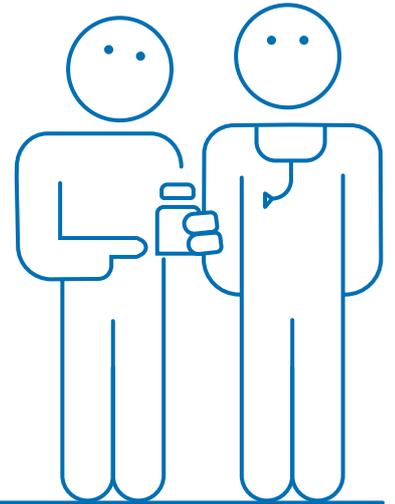


# using treatments



- 1 Follow instructions from your healthcare professional about how to use your treatment and how often to use it. The dose has been **chosen to be safe** for you to use and to have the **best chance of controlling your symptoms**.
- 2 It is **common to have concerns** about taking a treatment. Some people have concerns about the **side effects** of a certain treatment or are worried about using treatments for **a long time**.
- 3 Your **concerns** might be stopping you from using your treatments. Some people have found talking about their concerns with their healthcare team allows them to find out **how the treatment works** and **get the support they need**.
- 4 Sometimes people find they **forget** to take their treatments. **Building your treatments into your normal routine** (e.g., taking your tablet alongside your breakfast, putting it on your calendar or setting a reminder on your mobile phone) can help you remember to take it.



## my using treatment plan

Write down the three top reasons why making a change is important to you.

Write down a plan. This should be a small manageable step, not a big leap.

Ask yourself: Who might be able to help you make this change? When will you do it?

How will you do it? Where will you do it? Will you do it on your own or with someone else?

Plan ahead for bumps in the road.

What might get in your way? How could you adapt your plan if this happens?

“When I first got diagnosed, I didn’t question what medication the doctor told me I should take. I heard what they were suggesting. But I wasn’t sure it was right for me, and I didn’t tell them. Now I sit down and am confident enough to say to them if I am worried about taking it and we talk about what’s best for me. This means I leave the appointment knowing I am happy to take my medication.”

