

ASM Management

Taking your Anti-Seizure Medication (ASM) also known as Anti-Epileptic Drugs AEDs as prescribed, is essential. But, as some people living with epilepsy also have memory difficulties it can sometimes make remembering to take ASMs challenging. To stay on top of taking your ASMs, some strategies and tools you might like to consider include the use of:

- A **Blister pack** sets out all tablets you need to take at each particular time of the day, for each day of the week – making it easy to manage medication. The pharmacist takes the doctor's prescriptions and dispenses the medication into a securely sealed blister pack. This protects the medication and reduces the potential of spills or medication errors. Have a chat to your pharmacist to find out more and if there is a charge for the service.
- **Pill Box.** A pill box usually has seven containers (one for each day of the week) to store medication. Some are also divided into morning, afternoon and evening sections. Pill boxes allow you to visually see the medication you need to take and shows if you have forgotten to take it. Electronic pill boxes are also available, with built in alarms that can be set to remind you to take your medication.
- **Technology.** You can also set reminders on your phone, watch or electronic calendar to remind you to take your medication at relevant times of the day. There are also a range of epilepsy-specific apps for use on smart phones, some of which include built-in alarms and reminders. For more information go to [Health Navigator](#) for some alarm or reminder apps.

Important: some ASMs cannot be taken out of their foil/blister packaging until they are ready to be taken. Among these are popular ASMS including Epilim, which tends to absorb moisture from the air. If you are using a Blister Pack or Pill Box, it is a good idea to cut the foil around each dose to protect the medication.



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