

# How to Avoid Medication Side Effects



When starting a new medication, it's normal to experience some side effects. However, there are simple steps you can take to minimize these effects and make your experience more manageable.

## HERE'S A QUICK GUIDE ON WHAT YOU CAN DO:

### **Hydrate to Avoid Dizziness and Constipation**

Some medications can leave you feeling dizzy or cause constipation. Staying hydrated can help combat both of these issues. Aim to drink plenty of water throughout the day. It keeps your system running smoothly and can lessen those unpleasant side effects. Make sure to mix an electrolyte pack into your water (LMNT electrolytes are expensive but taste amazing).



### **Take with Food to Avoid Nausea**

Nausea is a common side effect, but it can often be avoided by taking your medication with food. Eating something light, like crackers or toast, when taking your meds can help settle your stomach. If it is severe, ask your provider if lowering the dose until your body adjusts is possible.

### **Take at Night to Avoid Sedation**

If your medication makes you feel drowsy or sedated, consider taking it in the evening. This way, the sedative effects might help you fall asleep rather than interfere with your day. If you're unsure if your medication can be taken at night, ask your provider first.



### **Chew Gum to Avoid Dry Mouth**

Dry mouth can be annoying, but a simple fix is to chew sugar-free gum or suck on sugar-free candies. This can stimulate saliva production and keep your mouth from feeling too dry.

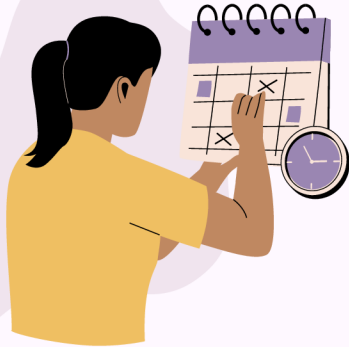
### **Sunscreen and Sunglasses for Light Sensitivity**

A lot of mood stabilizers can cause significant light sensitivity. Other medications can make your skin more sensitive to sunlight. To avoid sunburn or irritation, wear sunscreen and sunglasses when you're outside, even on cloudy days. This small step can protect your skin and keep you comfortable in bright environments.



### **Set Reminders to Stay on Schedule**

Missing a dose or taking medication at irregular intervals can sometimes lead to unwanted side effects. Use a medication reminder app or set an alarm on your phone to help you take your meds consistently and on time. This can be a lifesaver if you have ADHD... but let's be honest, you might need to set 3 or 4 alarms for one dose of medication if you chronically silence your alarms.



### **Avoid Alcohol to Reduce Interaction Risks**

Alcohol can interact with certain medications, increasing side effects like drowsiness, dizziness, or even more serious complications. It's best to avoid alcohol while you're on medication unless your healthcare provider says it's okay. Some medications lower your tolerance and can make you feel intoxicated way more quickly.



### **Monitor Your Diet for Potential Interactions**

Some foods can interfere with how your medication works. For instance, grapefruit can interact with certain drugs and affect how they're absorbed. Check with your healthcare provider or pharmacist if there are any foods or over the counter medications you should avoid while on your medication. See our list of some common food interactions.



### **Wear Loose Clothing to Prevent Skin Irritation**

If your medication causes skin irritation or rashes, wearing loose, breathable clothing can help reduce discomfort. Opt for cotton fabrics and avoid tight-fitting outfits that might worsen skin irritation.



