TOP 10 TIPS TO HELP WITH:

WEARING OFF

1. **REGULAR**
   - Keep to your daily regular prescribed medication times, try not to miss doses

2. **DIARY**
   - Keep a diary of when medication effect starts to wear off (reduce)

3. **SYMPTOMS**
   - Make a note of the symptoms that you experience at the end of a dose

4. **PATTERN**
   - Look for any patterns with certain doses, or whether it happen with all doses throughout the day

5. **MOTOR OR NON-MOTOR**
   - Remember that wearing off symptoms can be motor (e.g. tremor) or non-motor (e.g., anxiety)
6 IT WILL PASS
The feeling can be frightening and it can help to remind yourself that it will pass when the next dose works.

7 RELAX
Try to do some deep breathing and relaxation while you wait for the next dose to work.

8 DOCTOR
Discuss with your doctor whether you can change your medication times to reduce ‘off’ times.

9 DON'T ALTER YOURSELF
Don't be tempted to alter the dose of your medication without consulting a doctor.

10 SHARE YOUR WORRIES
Explain to your family how you are feeling, so they can understand and support you during this time.

For more information about wearing off visit:
www.parkinsonkenya.wixsite.com/website
OR
www.parkinsonsafrica.com

Created by Jane Price, Louise Ebenezer and Natasha Fothergill-Misbah