

Helpful Tips for Taking Your Medication

Get educated:

- Understand why you take your medication.
- Learn how your medication works and how your medication will benefit you.
- Listen, ask questions, and read about the potential side effects.
- Know who to call with questions or concerns.

Understand your medication instructions:

- Medication dose, frequency, and time of day?
- Take on an empty stomach? With food? Either?
- Other medications or foods you should avoid?
- What to do if you miss a dose?

Report side effects

- If you have side effects, tell your health care team. Often, strategies are available for managing side effects.

Tell your doctor if you have any problems getting your medication

- Cost of medication or co-pay, inability to get to the pharmacy, and other issues can often be addressed by working with your providers and insurance company.

Stay organized

- Use a pill box to sort a week's worth of medication.
- Start a medication diary or chart to keep track of the pills you take each day.
- Plan by checking the number of refills on your prescription. Call your provider's office when you fill your last refill to receive a new prescription.
- If you are unable to drive, find a family member or friend who can pick up your medication for you. Or use a mail-order pharmacy for home delivery.
- If you take once-a-week medications, choose a convenient day of the week and mark it on your calendar so you remember to take the medicine.

Develop a routine

- Plan to take your medication at the same time each day.
- Take your medication during an activity that you perform daily, at a consistent time. For example, when brushing your teeth in the morning or before bed.
- Set a daily alarm on your cell phone, watch, or email calendar.
- Post a sign near your medication as a visual reminder.

Consider social support for help

- Join a group for peer support.
- Speak with a counselor.

This document is for informational purposes only. The content is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.