

# How to Improve Medicine Taking

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The more you know about how to take your medicines, the better they will work for you. Taking medicine can help you stay healthy.

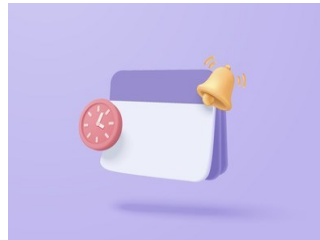
- ❑ **Know your medicines:** It is important to know the names, doses, and how to take your medicines. If you do not understand why you are taking a medicine, ask your care team.
- ❑ **Keep a list of all your medicines with you all the time.** Include name, dosage and instructions. For example: Metformin 1000 mg, take with a meal twice per day.
- ❑ **Bring a list of questions** that you have about your medicines to your visits with your care team.
- ❑ **Ask a family member** to take notes during your care team visits if you need help.
- ❑ **Always ask for more information** if you are nervous or unsure about your medicines.
- ❑ **If you need it, ask your care team for help** with fitting medicines into a busy routine.
- ❑ **Speak up.** The more you share important details with your care team, the more they can help.



# Tips for Remembering Medicines

**Set a routine.** Take medicines at the same time every day. Add them to a routine you have in place already like brushing your teeth or eating breakfast.

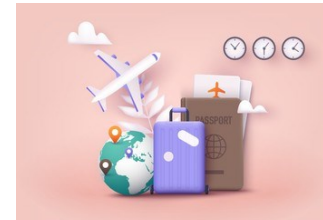
**Set reminders.** Set a cell phone alarm as a reminder to take your medicines.



**Use a pill box to organize your medicines by the day.** Fill in the daily boxes of the pill box every week to stay on track.



**Carry extra medicine with you when you travel.**



If you stay in different places or have more than one caregiver, **keep some medicine in each place.**



**Keep medicines in sight.** Place medicines where they are easy to see.



**Place a reminder on a sticky note in an area where you won't miss it.** This could be on your bathroom mirror, refrigerator door, or on your front door, so you see it before you leave for the day.

**Ask your pharmacist if they can help with making pill packs for you.** They can also suggest an app with auto-reminders so you never miss a dose.



**Keep a medicine journal or record in a calendar each time you take a dose.** This can prevent you from missing doses or taking too many.



Each time you take your medicine, **flip the pill bottle over.** This is a reminder that you have already taken it for the day.

