

How Do I Get the Most From the Medicines I Take?



Get to Know Your Medicines

Medicines are prescribed to help you.

For every medicine you take, ask your doctor or pharmacist to explain:

- **What the medicine is**
- **What the medicine is for**
- **How and when to take the medicine**

Taking more than one medicine at different times each day can be hard. The key is to create a routine that fits your life.

Make a routine for taking your medicines as directed.

- Fill out a medicine log or calendar. Keep it with you at all times.
- Mark a calendar each time you take a dose of your medicine. Keep the calendar near your medicines.



Before you take your medicine...

- Read the label to make sure you are taking the right medicine at the right time.
- Never take your medicine in the dark or if you cannot read the label.

Take your medicines at the same time every day.

- Take your medicines with other daily habits, like brushing your teeth or eating a meal.
- Do not change how you take your medicine unless you have talked with your doctor about it.

Keep track of your medicines.

- Keep your medicine in a place where you will see it daily (but out of the reach of children).
- Use a pill box marked with the days of the week. Take it with you when you are away from home.
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror.
- Plan ahead for refills so that you do not run out of your medicine. Mark a calendar with "Refill on [date]."

