

MANAGING YOUR MEDICINES

Knowing about the medicines you use and taking them as prescribed is something positive you can do for your overall health.

WHY TAKE MEDICINE?

- ▶ Relieves symptoms
- ▶ Prevents further problems
- ▶ Improves or slows the progress of a disease
- ▶ Supplements what your body needs

HOW TO TAKE YOUR MEDICINE

- ▶ Learn the names of your medicines, what they do, and their side effects
- ▶ Carefully read the directions on how to take your medicines
- ▶ Drink a full glass of water with your pills
- ▶ Keep a drug log with the day, time and strength taken
- ▶ Use a pillbox to set up your medicines for the week
- ▶ Keep drugs in their original bottle until it is time to take them or set up your pillbox
- ▶ Store medicines where children and young adults cannot find them
- ▶ Do not take medicine prescribed for someone else
- ▶ Avoid drinking alcohol with your medicines

TALK TO YOUR DOCTOR OR NURSE IF YOU:

- ▶ Have bothersome side effects
- ▶ Stop filling or refilling the prescription
- ▶ Take medicine at the wrong time of day
- ▶ Take the wrong dose; too much or too little
- ▶ Take someone else's medicine
- ▶ Stop taking a medicine
- ▶ Miss a dose
- ▶ Have questions

COMMON REASONS PEOPLE STOP TAKING THEIR MEDICINE

- ▶ Believe they feel better without the medicine
- ▶ Feel fine so don't think they need the medicine and stop taking it
- ▶ Worried about side effects
- ▶ Worried about staying on the medicine too long
- ▶ Problems knowing how to take the medicine as prescribed
- ▶ Feel the medicine costs too much
- ▶ Forget to take the medicine

TOOLS FOR YOU

- ▶ Go to your cell phone's app store and look for an app to remind you to take your medicine
- ▶ Talk to your pharmacist