

Medication tips fact sheet

Here are some things you can do to make it easier to follow your doctor's advice

- Use a pillbox marked with each day of the week and the times of day you take your medicines. Fill the pillbox (or ask someone to help) at the beginning of each week. Keep your pillbox in a convenient place, where seeing it will help remind you to take your medication.
- Keep a list of your medications—including the name of each, the reason you take each one, and the number of times per day you take them. You can ask your doctor or nurse to help you prepare this, or to review the list you make to be certain it's accurate.
- Refill prescriptions ahead of time so you don't run out.
- Take your medicines at the same time every day so it becomes routine.
- Ask a friend or relative to remind you about taking medication, or consider setting an alarm to remind yourself.
- If a particular medicine is causing uncomfortable side effects, such as dizziness or headaches, call your doctor's office right away. Sometimes a different dosage or a different medication may work better. Some medicines cause side effects that are only temporary.
- If you have trouble paying for your medicines, tell your doctor or nurse. Many drug companies offer savings programs, or free or discounted medicines to some patients.
- Keep a large calendar in your kitchen to keep track of doctor appointments. If you'll need a ride, make arrangements early so you won't need to reschedule.

