



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 so you can anticipate problems and catch them early.
- Know who to call with questions or concerns (remember Patient Gateway can be quick and an easy way to describe your symptoms for non-emergencies on weekdays).

Understand your medication instructions

- What is the medication dose, frequency, and time of day?
- Should it be taken on an empty stomach? With food? Either?
- Are there other medications or foods you should avoid?
- What should you 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.
- Never feel like you are bothering your team or bringing up things that don't matter – they want to hear from you and to help when they can.

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; work with your providers and insurance company.

Stay organized

- Use a pill box to sort a week's worth of medication and prepare for next week. There may be home services that can help with this if you are not able to do it on your own. Please ask your team if this might be an option for you.
- Start a medication diary or chart to keep track of the pills you take each day.
- Plan ahead by checking the number of refills on your prescription. Call your provider's office when you fill your last refill or tell your doctor when you go to your clinic visit 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 or set an alarm 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 provider with any questions you may have regarding a medical condition.