

# Remembering Your Medications

You are prescribed medications to help you feel better and help your body work better. They work best when you take them exactly as prescribed. But it can be hard to remember when and how to take them. The tips below can help.



**Use a weekly pill box.** If you take medications at different times of the day, make sure the pill box has multiple spots for each day.



**Get your medications packaged at a pharmacy.** Ask your pharmacy to group your medications together based on the time of day you take them.



**Ask your pharmacy to sync your prescriptions** so they are refilled at the same time. This can save you trips to the pharmacy.



**Use a calendar and write down the day, time and dose of each medication.** This can help you keep track of medications you take once a week, once a month, or for a short time (such as an antibiotic). Put a reminder note to refill your prescription on your calendar 1 week before the medication is due to run out.



**Ask your family or friends for help** with making a schedule and reminders.



**Match your medication schedule with your daily routine,** such as eating meals, going to bed, and brushing your teeth.



**Use reminder notes and alarms.** Put a reminder note on your refrigerator, phone, medicine cabinet, or bathroom mirror. Set an alarm on your phone, computer calendar, or voicemail system to remind you when it's time to take your medications or order a refill.



**Ask your pharmacy if they can send you refill reminders** 1 to 2 weeks before you are scheduled to run out.



**Use an app (electronic application) on your smart phone, computer, or tablet.**

- **MyMedSchedule** (for iPhone and Android): [www.mymedschedule.com](http://www.mymedschedule.com)
- **MyMeds** (for iPhone and Android): [about.my-meds.com](http://about.my-meds.com)



## Managing the cost of your medications

Always let your healthcare professional know if you have trouble paying for your medications. They can see if there are generic versions, which are usually cheaper. Ask your pharmacist if there are any discount cards or programs that will help you pay for them.

NEVER stop taking any of your medications on your own. Don't be afraid to speak to your doctor or pharmacist if you have any questions or problems with your medications. They want to make sure the medications you are taking are best for you and your situation.

## Questions to ask your doctor or pharmacist about your medications

Don't be shy about asking questions. Your doctor and pharmacist want to know that you understand exactly what you need to do take care of yourself or a loved one. Some common questions are listed below. If you have others, be sure to write them in the space provided on the right and take them to your next appointment.

- What time of day do I need to take my medication?
- Should I take it with food, or on an empty stomach?
- What are the possible side effects?
  - How long will the side effects last? (Some side effects go away after you have been taking the medication for a few weeks.)
  - What can I do to help prevent or lessen the side effects?
- Can I take my medications at the same time?
- For medications that need to be taken several times a day, is there an alternative medication that can be taken once a day?
- Are there any cheaper medications available that will do the same thing?



### Other questions for my doctor or pharmacist

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