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## Tips:

1. **Set a Routine.** Take your medicine along with another routine or habit you do every day around the same time as the medication is due. This could be something simple such as when you eat breakfast (if the medicine can be taken with food).
2. **Keep a Medication Log.** Record all your medication in the medication log: the dosage, when it is to be taken, and any specific instructions. Also, make notes of medication side effects or reactions you experienced.
3. **Helpful Reminders.** Try to find tools to help remind you to take your medications. These could include; placing your pills in a medicine organizer that you refill once a week, use an app etc.
4. **Check Refills.** Each time you get a refill, read the label to make sure the dosage and directions are the same. If they are not talk to the pharmacist to see if there has been a mistake. If necessary, contact your doctor as well.
5. **Plan Ahead.** Don't wait until your medication runs out before contacting the pharmacy. Give them appropriate notice.
6. **Keep Taking your Medication.** Don't stop taking your medicine just because you are feeling better. Always check with your doctor first. Finish your short- term prescriptions such as antibiotics. Stopping them early may cause the problem to return. Again, always check with your doctor!
7. **Inform your Doctors.** Let each of your doctors know all of the medications and supplements you are taking, prescription and non-prescription, including those prescribed by other doctors. Some drugs interact with others and your doctors will need this information in order to determine whether drug interaction could be an issue. It may be helpful if you bring a list of your medications with you to your appointments, so you don't forget any.
8. **Report Problems.** Let your doctor(s) know immediately if you have reactions or uncomfortable side effects to your medications. If you have concerns about taking a specific medication or a particular type of drug, talk to your doctor. Also let your doctor know if you cannot afford a medication.
9. **A Few Do's and Don'ts.** Do not use your medication for conditions other than the reason it was prescribed for you. Don't share your medications with others or take theirs.

## Questions to ask your doctor/pharmacist

1. What is the name of the medicine and how will it help me?
2. How often will I take this medicine? How much do I take?
3. How long would I need to take it?
4. How will this drug interact with my other medications, supplements, alcohol, and foods?
5. How soon will this medication work and how will I know it is working?
6. Does this medication have side effects?
7. Does it matter if I take this medicine on an empty or full stomach?
8. Should I avoid any activities while on this medication?
9. What if I forget to take a dose?
10. What should I do if I throw up after taking this medication?

