

Getting the Most Out of Your Medications

Did You Know?

- Your medicines come with specific directions because when and how you take them affects how they work in your body
- It is important to learn about your medicines, how to take them, and what to expect
- If taken the right way, your medicines will help you be healthier, so talk with your doctor or pharmacist about what you need to know about them



What You Should Know About Each Medicine

- ✓ **Name** of the medicine
- ✓ **Why** you need to take the medicine
- ✓ **When, how, and how long** to take it
- ✓ What to do if you miss a dose
- ✓ Benefits of taking the medicine the right way
- ✓ What could happen if you don't take the medicine
- ✓ What side effects you may experience
- ✓ How to store the medicine
- ✓ What to do with the medicine if it expires or if you need to stop taking it
- ✓ Number of refills allowed and how to get more



Your pharmacist is there to help you with your medicines. If you have any questions, ASK!

Also, ask your pharmacy what services they offer to help you take your medicines correctly

Tips and Tricks for Remembering to Take your Medicines

- Take your medicines at the same time(s) every day
- Pair your medicines with an activity you won't forget, like brushing your teeth
- Set an alarm (on your phone or clock) to remind you when it's time to take your medicines
- Ask a friend or family member to help you remember to take your medicines
- Use a pillbox to load your medicines for each day and time
- Explore apps that are available for your phone or tablet that can help you keep track of your medicines and remind you to take them

