

Suggestions for Taking Medicine

- Try to take your medicine exactly as you have discussed with your healthcare professional
- Take your medicine at the **same time every day** by making it a part of your daily routine. For example, take your pills after brushing your teeth or at meals, as appropriate
- Take the **exact amount** of medicine your doctor prescribes
- Ask your doctor what to do if you forget to take your medicine
- Understand what **side effects or symptoms** might be caused by the medicine or your condition. If you experience symptoms or side effects that seem unusual, or that are too severe to tolerate, while on your medicine, call your doctor immediately
- If your medicine routine is too complex for you, ask your doctor or pharmacist for help
- Take your medicine exactly as prescribed. Your medicine can't help you unless you take it!

Using “My Medication Calendar”

Complete the “My Medication Calendar” on the other side of this page with your doctor, nurse or pharmacist. There's space to note the name of each medicine, the dosage, and when you should take it.

