

## So What Can I Do?



**Don't be afraid to ask questions about the medicines you take.**

### *Questions to Ask My Doctor or Pharmacist:*

- What is the name of the medicine?
- How will the medicine help me?
- How and when do I take the medicine?
- How long do I take the medicine?
- What foods, drinks, other medicines, or activities should I avoid while I take this medicine?
- Will it cause problems with the other medicines, dietary supplements, or herbal supplements I take (including over-the-counter medicines)?
- What are the possible side effects?
- What should I do if side effects occur?
- When should the medicine start to work?
- What do I do if I miss a dose?
- How should I store the medicine? (Should it be kept away from the sunlight? Can I take it out of the original package?)
- How often should I refill my prescription?
- Can I split or crush or chew my medicine?

**To learn more about what may be getting in the way of taking your medicines, go to:**

[www.takingmeds.com](http://www.takingmeds.com)



## About Your Medicines...





## How Important Are My Medicines?



Medicines are prescribed to help you. There are many different types of medicines:

- Some medicines help control your health condition.
- Some help treat your symptoms so you can feel better.
- Others may be taken to reduce side effects.

But even the best medicine will work only if you take it the right way.

Taking your medicine as directed by your doctor is one of the most important things you can do. This means:

- The Right Medicine     The Right Dose     The Right Time

### Taking your medicines as directed may benefit you.

For example,

#### Asthma

- Asthma causes lost work days for adults and lost school days for kids. Taking asthma medicines as directed by your doctor may help keep you out of the emergency room.

#### Diabetes

- High blood sugar can damage your body in many ways. Keeping your blood sugar under control can lower your risk of eye, kidney, and nerve disease.

## What Happens If I Don't Take My Medicines?

Not taking your medicines as directed by your doctor means:

- Your medicines will not work the way they should.
- Your health condition might get worse.
- You might not feel well.
- You might not function as well at home, in school, or on the job.

### What gets in the way of taking your medicines?

There are many reasons why people don't take their medicines as directed. **Do you ever find yourself saying these things?**



"I don't know why I have to take medicines every day."



"I just forget to take my medicines some of the time."



"I stop taking my medicines when I'm feeling better."



"I'm handling this all alone."



"I don't understand my doctor's instructions."