

HealthyActions

Achieving Your Goals for Healthy Living



Get the Most From Your Medicines

Side effects are the effects of medicine that you don't want. Your doctor or pharmacist should tell you what side effects are normal and what you can expect.¹

Taking your medicine the right way can be a big part of getting and staying healthy. Filling your prescription is the first step.

For your medicine to work for you, you need to take it the right way²:

- Take medicine just as your health care team has advised you³
- Make sure your doctor knows all the medicines you take. This includes prescriptions, herbs, vitamins, and over-the-counter medicines¹
- Keep taking medicine as long as your doctor told you³
- Double check the package label to be sure you receive the right medicine, and that it is for you⁴
- Make sure you know what your medicine is for and how to take it²
- Tell your doctor if you have any side-effects⁵
- If you are not sure, ask your doctor or pharmacist
- Don't be afraid to speak up or ask questions⁴



Play an Active Role to Take Care of Your Health

Take charge of your health. Before you start taking a new medicine, talk with your health care team. This team may include your doctor, nurse, pharmacist or other office staff. **You** are an important part of this team.



Get the Most From Your Medicines

Keeping Track of Your Medicines

You may feel more in control of your medicines if you:

- Make them part of your daily routine⁶
- Take them at the same time of day each day and with or without food as advised^{6,7}
- Use a pillbox with a section for the pills you take each day of the week⁶
- Mark your calendar for when it is time to refill your medicine⁶
- Have a family member remind you when it is time to take them⁶

What Should I Know About Taking Care of My Health?

When it comes to taking medicines, the more you know the better. Don't be shy—it's your health. Ask your health care team these questions. Write down the answers so you can refer to them later if you need to. Feel free to keep asking questions as you think of them.

- What am I taking this medicine for and will it affect other medicines I am taking?⁵
- When should I take it and how long should I take it?⁵
- How much should I take?⁵
- Should I take it with food or on an empty stomach?⁷
- Do I need to have any tests while I am taking it?⁵
- What side effects could it cause? What should I do if I have them?⁵
- What should I watch out for?⁵
- Are there other things I can do to help improve my health?⁵
- Where can I learn more?⁵

Medicines can only help if you take them as prescribed.

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