

# Getting the most from your medicine



Taking your medicine as your doctor tells you helps you get the most from your treatment.

## Staying safe with medicine

Here is what you need to know about taking your medicine safely.

- **Fill all your prescriptions at the same pharmacy.** Then all your records will be in one place, which lowers the risk for taking medicines that might not be safe to take together
- **Do not crush or split tablets**
- **Tell your doctor about how your medicine makes you feel**
- **Do not stop any medicine without talking with your doctor.** Some medicines have to be stopped slowly

Talk to your doctor or pharmacist about any questions you have about your medicines.

## Taking your medicines as directed

It is not always easy to take your medicines exactly as directed. How are you doing? Check off the boxes below that describe you.

- I sometimes forget a dose.
- I often forget to take my medicine.
- I have trouble paying for my medicine.
- I am bothered by the side effects of my medicine.
- I am not sure how my medicine helps me.
- I take every dose, every day, just as directed.

Take this list to your doctor. Tell your doctor about any problems you are having. He or she can make your plan easier for you.

## Tips for taking your medicine on time

- **Make a calendar.** Write down the medicines you need to take, when to take them, and when to refill your prescriptions
- **Use a pill box.** Fill it once a week with all of your medicines
- **Wear a watch with an alarm.** Set it to go off when you need to take your next dose
- **Ask someone to be your “medicine buddy.”** Ask a friend or family member to remind you to take your medicine

This material was developed by GlaxoSmithKline.



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