

# Taking Your Medicine The Right Way!

**Taking your medicine the way your doctor tells you can help you stay healthy. Here are some tips to help you.**

## Be informed

Some things you should know about your medicine:

- The name of each medicine and why you should take it
- When and how much medicine you should take
- If you should take them with food or on an empty stomach
- Any side effects medicines may cause and what you should do about them
- If you should stay away from some foods, other medicines, or alcohol
- What to do if you miss a dose
- How to store the medicine
- How long your supply will last and how to get more

## Make a list of your medicines

Keep track of how to take your medicines with a list like this one. Take it with you when you see your doctor.

Name of medicine	How much I take	When I take it	What I take it for	From this doctor
				On this date
<i>Medicine name</i>	<i>1 tablet</i>	<i>Before breakfast and dinner</i>	<i>Lower my blood sugar</i>	<i>Dr. Jones</i>
				<i>Jan. 1, 2006</i>

## Tips to help you remember

- Ask family or friends to help
- Use a pill box organizer
- Set an alarm clock
- Take your pills at the same time you do something else, such as brush your teeth
- Make a chart to check off when you have taken your medicine



**Tell your doctor if you take other over-the-counter medicines you get at a pharmacy or vitamin store. Always talk to your doctor before you stop taking any medicine or start taking a new one.**

This material has been developed by GlaxoSmithKline.