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.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>How much I take</th>
<th>When I take it</th>
<th>What I take it for</th>
<th>From this doctor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicine name</td>
<td>1 tablet</td>
<td>Before breakfast and dinner</td>
<td>Lower my blood sugar</td>
<td>Dr. Jones Jan. 1, 2006</td>
</tr>
</tbody>
</table>

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.