Things to Know About Your Medicine

- Make sure you know the exact name of the medicine(s) you take (brand and generic).
- Some medications have brand and generic forms. Ask your doctor if it is alright to substitute with generic form.
- Learn why you need to take each medicine (how it treats your condition).
- Take your medicine at the same time every day. Taking your medicine at a specific time such as 10:00 p.m. might be better than bedtime if your bedtime changes. Work with your doctor to set a schedule that works for you.
- Ask your doctor or pharmacist if you have questions about taking your medicine.
- Let your doctor know if you have trouble taking your medicines (hard to swallow, forget to take, upset stomach, other problems).
- Side effects can be bothersome and dangerous - make sure you know what to look for.
- Don’t take too much or too little medication. Know how much to take, when you can take more, and which medicines can be taken together.
- Whenever you go to a doctor or to the hospital, always bring your medications or a list of your medications, including non-prescription medications.
- Keep track of when you need to refill your medicines and call the pharmacy for your refills.
- Keep your list of medicines with you.

Find a Way to Remember to Take Your Medicines

You may want to use medication reminders:

- Take at the same time you do another daily routine (with breakfast, brush your teeth, watch a daily TV show).
- Set up a text message or cell phone alarm.
- Use an alarm-vibrating pillbox, pill organizer, automatic pill dispenser, time watch, or alarm pocket watch. To find the right system for you:
  - Ask your pharmacist.
  - Check with your local medical supply stores.
  - Search the web using search words such as pill alarms, automated medication dispenser, e-pill, or pill timer.

(Turn page over to begin your medication list)
Medication List

(Please use pencil to complete this form.)

Name: ____________________________________________

- Ask your physician or pharmacist to help you complete this list.
- Read the label on each medicine for directions on how to take and for possible side effects/danger signs/interactions. For more information see drug sheets.
- Whenever you see the doctor, including your primary care physician and any specialists, review and update this medication list.
- After hospitalizations, always review your medication list with your doctor.

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Dosage (how many you take)</th>
<th>Time (when you take it)</th>
<th>Why You Take It</th>
<th>What Happens If You Skip It</th>
<th>Possible Side Effects</th>
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