

# Why It is Important to Follow Your Medicine Instructions

## Your Medicine Instructions

It is important to follow the instructions your health care provider gave you for taking your medicine.

Your instructions will help you take your medicine:

- in the right amount (dose)
- at the right time (time of day, how many times each day)
- in the right way (with food, without food)
- for the right amount of time (how long to continue taking the medicine).

Talk with your health care provider if you have any questions about how to take your medicine correctly.

## Benefits

Taking your medicine correctly can help to:

- improve your symptoms
- decrease side effects
- prevent or slow disease
- prevent you from a hospital stay
- decrease health care costs
- improve your overall health.

## Tips for Taking Your Medicine Correctly

### ■ Schedule a comprehensive (complete) medicine review.

A medicine review is an opportunity for you to have a pharmacist practitioner (doctor of pharmacy who is trained to provide patient care in a clinic) review your medicines and work with your health care provider to create the best medicine plan for you.

A medicine review can take place in the clinic or over the phone. Some patients may be eligible to have a medicine review in their home. Call 612-262-8100 to schedule a medicine review and find out if you are eligible to have one in your home.

### ■ Keep a current list of your medicines.

A medicine list can help you keep track of your medicines (prescription, over-the-counter, herbals, vitamins or other supplements). Ask your health care provider for a copy of a medicine list for you to fill out.

### ■ Have all of your medicines filled at one pharmacy.

Using one pharmacy can make it easier to ask questions about or refill your medicines.

### ■ Remember to refill!

It is important to call your pharmacy for refills at least 1 week before your medicine runs out. (Plan ahead for vacations.) Mark a calendar or set an alarm to remind you to refill your medicines if needed.

*(over)*

■ **Consider using a pill organizer.**

A pill organizer can help you remember when and how often to take your medicine. Ask your health care provider or pharmacist about the type of pill organizer that would work best for you.

■ **Set a routine.**

Having a routine can help you to remember to take your medicine. For example, you could create a routine of taking your morning medicine with a glass of water right when you wake up.

■ **Set reminders.**

You can set alarms on a clock, phone or computer to help you remember to take your medicine. Your smartphone also likely has options for downloading a medicine app.

## **Whom to Call With Questions**

Call your health care provider or pharmacist if you have questions about how to take your medicines.