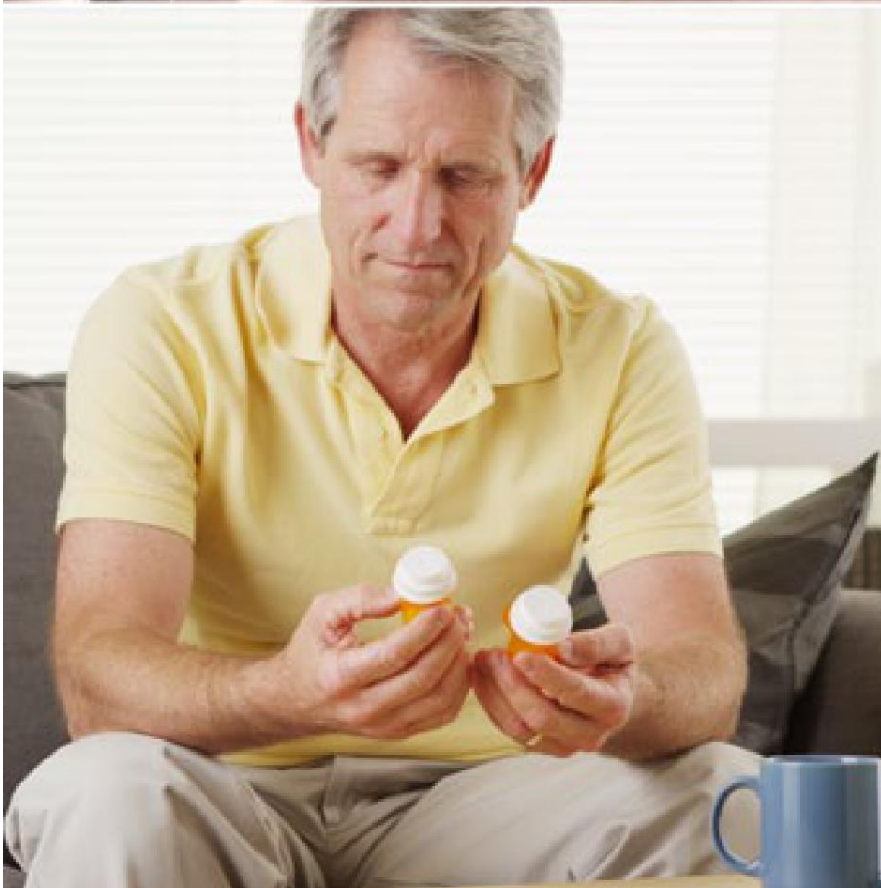




Managing Your Medications



Overview

Did you remember to take your pills this morning? Wait, do you take the oval pill with food, or without? It's easy to make a mistake with your medications if you aren't organized. But relax, these tips will help you manage your medications with no worries.

Do your research

First, know what you're taking. Talk to your doctor or pharmacist about each medication. Learn when and how you're supposed to take them. Ask about how your drugs may interact with each other.

Get organized

Next, get organized. Keep all medicines in a safe place in their original containers (or in clearly labeled containers) so you don't get them mixed up. Then, plan your medication schedule. For many people, it's helpful to use a weekly pill box to sort out medications for the week.

Set reminders

Now, make sure you remind yourself to take them. You can establish a routine, like taking them every morning when you brush your teeth, or when you eat lunch. Leave notes for yourself. Wear a watch with an alarm, or use an email or text message service. There are also smart phone applications that can remind you. And, you can ask family and friends for help.

Stay safe

And finally, stay safe. Always take the prescribed dose. Never stop taking any medication without talking to your doctor. Check with your doctor before taking over-the-counter medications. Talk to your doctor if you have any questions, or if you're having side effects. And don't forget to refill your prescriptions before you run out.

Conclusion

If you get organized and follow your doctor's instructions, you can manage your medications properly.