



# Medication Tip Sheet

## Keeping Informed:

For every medication you take, ask your health care provider:

- ◆ Why am I taking this medication?
- ◆ How and when do I take the medication?
- ◆ How long does it take for the medication to work? When will I feel better?
- ◆ What are the side effects? What should I do if I experience the side effects?
- ◆ What do I do if I miss a dose?

## Taking Your Medication

- ◆ Read the instructions that come with each prescription. Ask your pharmacist or health care provider questions if you don't understand the instructions.
- ◆ Take the medication exactly as directed.
- ◆ If you have trouble swallowing pills, ask if another form of your medication is available.
- ◆ Be sure to bring enough medication when you travel using the original labeled container.
- ◆ It may take weeks or months before you will feel the effects of some medications, so ask your provider or pharmacist what to expect.
- ◆ Continue to take your medication even if you are feeling better.
- ◆ Tell your provider about any side effects you are experiencing.
- ◆ Never stop taking your medication without first talking to your health care provider.

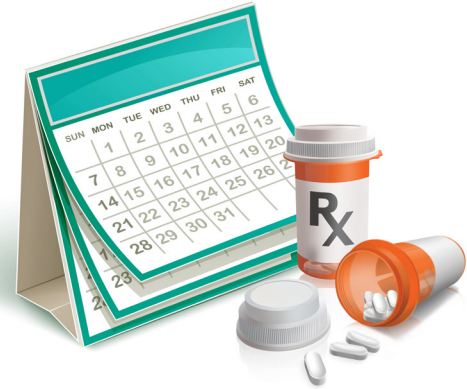
## Staying on Track

- ◆ Create a routine that works for you for taking your medication.
- ◆ Take your medication at the same time you do another activity, such as starting the coffee pot, brushing your teeth, or before a meal.
- ◆ Keep your medication in a place where you will see it every day.
- ◆ Use a pill box marked with the days of the week.
- ◆ Keep a pocket calendar with you or near your medication to mark down when you take your medications.
- ◆ Set reminders on your watch or smartphone. Or leave yourself notes on the bathroom mirror or on the door to help you remember.



## Refilling Your Medication

- ◆ Plan ahead for refills. Write “refill medication” on your calendar about a week before your medication will run out.
- ◆ Ask family or friends to help you remember to fill your prescription or give you a ride to the pharmacy if you need transportation.
- ◆ Make sure you have enough refills to last until your next health care provider visit.



### South Country Health Alliance Member Services

**1-866-567-7242 ♦ TTY users call 1-800-627-3529 or 711**

Calls to these numbers are free. Hours of Operation are:

October 1 - February 14, 7 days a week, 8 a.m. - 8 p.m.;

February 15 - September 30, Monday - Friday, 8 a.m. - 8 p.m.