



Creating Routines to Help You Take Your Medication

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If medicine is part of the treatment plan you and your provider agreed on, taking medicine as prescribed is important. Most people forget or miss a dose of medication every now and then. Sometimes you may not understand the directions, and sometimes you may just forget. It is important to talk with your provider if you have any questions or concerns about taking your medicine regularly. You and your care team can discuss ways to help you stick to your medication routine.

Tips To Help Keep a Medication Routine

- ✓ **Take your medicine at the same time every day.** Set an alarm on your phone as a reminder.
- ✓ **Take your medicines during another daily routine** like brushing your teeth or getting ready for bed.
- ✓ **If your medication is weekly or monthly, pick a common day and mark it on your calendar.** (For example, if your medication needs to be taken weekly, mark every Monday on your calendar. If it needs to be taken monthly, set your calendar reminder for the first of the month.)
- ✓ **Check if your medicine should be taken on a full or empty stomach** to plan around meals.
- ✓ **Keep a medicine calendar** with your pill bottles and note each time you take a dose.
- ✓ **Download a medication reminder app** to your phone or tablet.
- ✓ **Use a pill container.** Some have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- ✓ **Purchase timer caps** for your pill bottles and set them to go off when your next dose is due. Some pillboxes also have timer functions.
- ✓ **Bring enough of your medicine when traveling.** Add a few days' extra in case of delays.

Sticking to the medication routine you and your provider decided was right for you means taking the **right dose at the right time in the right way.**



- ✓ **Keep your medicine in your carry-on bag** when flying in case of lost luggage.
- ✓ **Enlist the help of a family member or close friend** to provide friendly reminders.
- ✓ **Set a reminder for prescription refills** to help prevent running out of medication.

Collaborating With Your Care Team

- Talk about any issues or concerns you are having with your medication. Your care team can discuss other treatment options and may be able to prescribe a medicine that can be taken less often.
- Ask for strategies on remembering to take your medication.

Help Is Out There

Below are a few organizations with resources aimed at helping you remember to take your medicine.

Mental Health America (MHA)
www.mentalhealthamerica.net

National Alliance on Mental Illness (NAMI)
www.nami.org

National Institute of Mental Health (NIMH)
www.nimh.nih.gov

Questions? Concerns?

Never hesitate to ask. You have a right to know everything about your health and your care.

If you have any questions or concerns about your condition or your care, ask your doctor or a member of your treatment team right away. They are there to help you.

