



Sticking With My Medicines— What Will Work?

Taking your medicine for bipolar disorder as directed by your doctor is one of the most important things you can do to manage your symptoms.

Not taking your medicine for bipolar disorder as directed by your doctor means:

- Your medicines will not work the way they should.
- Mania or depression may return.
- Your mood may not be as stable as you would like.
- Your symptoms may not be as well controlled.



“I’m so busy that I often forget to take my medicine.”

Taking more than one medicine at different times each day can be hard. A key is to create a routine that fits your life:

- Where possible, take your medicines with other daily habits, like in the morning when brushing your teeth or in the evening with dinner. Talk to your doctor about a routine.

If you forget doses often, these tips may help you remember:

- Use a pill box marked with the days of the week. Take it with you when you are away from home.
- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Keep your medicine in a place where you will see it daily.



If you forget to refill your medicine on time:

- Consider marking a calendar with “Refill on [date]”. Choose a date about a week before you will run out.
- Make sure you have enough refills to last you until your next doctor visit.
- Ask your pharmacy to send you reminders to refill your prescription.

You may use a mood chart to keep track of your mood on a daily basis. Bring your chart with you to each doctor visit.