



## Sticking With My Medicines— What Will Work?

[takingmeds.com](http://takingmeds.com)

Taking your lipid-lowering medicine as directed by your doctor is one of the most important things you can do to manage high cholesterol or triglycerides.

### *Not taking your medicine as directed by your doctor means:*

- Your medicines may not work the way they should.
- You may be at risk for serious health problems, like a heart attack or stroke.
- Your bad cholesterol and triglyceride numbers may stay the same or go up; your good cholesterol number may stay the same or go down.



### “Taking medicine gets in the way of my day.”

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

### *Here are some useful tips:*

- Where possible, take your medicines with other daily habits, like in the morning when brushing your teeth or in the evening with dinner.
- Ask if your medicines should be taken with or without food.
- Ask your doctor if your medicine should be taken in the morning or at bedtime.
- Ask your doctor if there are medicines you can take less often. An easier schedule may help you.

### *If you sometimes forget to take your medicines:*

- 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 every day.
- Fill out a medicine chart or calendar. Keep it with you all the time.

### *If you forget to refill your medicine on time:*

- Plan ahead for refills so that you do not run out of your medicine. For example, mark 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.



**To learn more about what may be getting in the way of taking your medicines, go to [www.takingmeds.com](http://www.takingmeds.com).**