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Sticking With My Medicines— What Will Work?

Taking your blood pressure medicine as directed by your doctor is one of the most important things you can do to manage your high blood pressure.

Not taking your medicine as directed by your doctor means:

- Your medicines may not work the way they should.
- Your blood pressure may go up.
- You may be at risk for serious health problems, like a heart attack or stroke.
- Your blood pressure may become harder to manage.



“Taking medicines gets in the way of my day.”

Taking more than one medicine at different times each day can be hard. The key is to create 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. Talk to your doctor about the best time to take your medicines.

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 daily.
- Fill out a medicine log or calendar. Keep it with you at all times.

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.