



## Medicines—How Do I Take Them Correctly?

**Medicines are prescribed to help you. For every medicine you take, ask your doctor to explain:**

- What the medicine is
- What the medicine is for
- How and when to take the medicine



**Ask your doctor or pharmacist to explain things in a way you can understand:**

- How will each medicine help you?
- What will happen if you do not take your medicine as directed?

**“Why do I have to take all these medicines?”**

- You take medicines to help you feel better or to stay healthy. But they will work only if you take them as directed.
- Your health problem could get worse if you skip doses or do not take your medicine as directed.
- Even when your health has improved, you may need to keep taking your medicine for a long time. For most health problems, taking your medicine correctly is what helps you stay in control.

**“I stop taking my medicine if it makes me feel worse.”**

- Side effects are common to all medicines. Tell your doctor or pharmacist about any side effects you may have. Some can be managed or may go away over time.
- Your doctor may recommend other medicines or tips for reducing side effects.
- NEVER stop taking your medicine without talking to your doctor.

**Before you take your medicine...**

- Read the label to make sure you are taking the right medicine at the right time.
- Never take your medicine in the dark or if you cannot read the label.

**Give your medicine time to work.**

- It may take a while before you notice the effects of some medicines. It may take even longer to get the full benefits. Stick with your medicine to get the best results.

***You and your doctor can design a treatment plan that may improve all your health problems. The plan may include medicine and lifestyle changes. Ask your doctor for tools to help you keep track of your medicines and manage your daily treatment.***