



Adherence/Compliance Tips

Always get your prescriptions filled immediately and begin taking the medication immediately.

1 Take your medicine at the same time every day.

2 Coordinate the time you take your medicine with something you do every day at more or less the same time, such as brushing your teeth, going to bed, or eating meals. (Make sure you know whether to take your medicine with food, on an empty stomach, without dairy or other food categories; this is very important.)

3 Keep a calendar, perhaps on the refrigerator or some other convenient place, and write down when you've taken your medication. Use a different colored pen for each pill.

Try using a pill box marked with the day of the week; this is especially helpful when you go away from home.

4 Use a beeping alarm on your watch, stove, or computer as a reminder.

5 Ask a friend to phone you to remind you, and offer to do the same for him/her.

6 Ask your pharmacist to recommend ways to help you organize your medications and when you should take them.

7 Be sure to order your refills at least 3 to 5 days in advance of running out.

8 Do NOT stop taking any drugs without telling your clinician immediately, and always tell him or her why you've decided to stop.

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