



TIPS FOR IMPROVING YOUR MEDICATION TAKING



There are several types of medicines that are often recommended for people with diabetes: insulin, pills that lower your blood sugar, aspirin, blood pressure medicine, medicine that lowers your cholesterol, or a number of others. Many work together to help you lower your blood sugar levels, reduce your risk of complications and help you feel better.

Your medicines come with specific instructions for use – and they can affect your body differently depending on when and how you take them. It may take a while to figure out which medicines work best with your body so it's important to take your medicines as prescribed by your provider and then for you to pay attention to how you feel and how your body reacts to each new medicine or treatment.

It's important to know the names, doses and instructions for the medicines you're taking, as well as the reasons they are recommended for you.

Your diabetes care team can help you understand and keep track of your medicines.

- ✖ **Ask your doctor, nurse practitioner, PA or pharmacist** why this medicine was recommended for you.
- ✖ **Ask your diabetes care and education specialist** to help you fit your medicine routine into your daily schedule. Be sure to bring all medicines, labels or photos of labels with you when you go to health appointments.
- ✖ **Ask a family member** to go with you to an appointment and take notes about any medication instructions. If you need help remembering to take your medications, ask a family member or setup a reminder on your mobile phone.



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STRATEGIES FOR REMEMBERING TO TAKE YOUR MEDICINES ON TIME

BYOA: BE YOUR OWN ADVOCATE

The more you know about how to take your medicines and how to take all of your doses as prescribed, the better it will work for you, and the healthier you'll stay. Here are some pointers to get the most from your medicines:

- ✖ Know the names of your medicines, what they do and how and when to take them.
- ✖ Keep a current list of all your medicines with you at all times, including the name, strength and directions. An example would be "Aspirin 325mg, Take once daily."
- ✖ Always ask for more information if you have any doubts about your medicines.
- ✖ Bring a list of the questions you have about your medicines to each visit with your diabetes care team.
- ✖ If you have problems fitting your medicines into your everyday life (work schedule, meals, activities) ask for help or suggestions to make your medication routine more simple to follow.

- ✖ Take your medicines the same time each day. Set a daily routine.
- ✖ Link your medicines with a current activity. For example:
 - Place your medicines (or reminder) next to your tooth brush.
 - Put a glass of water next to your medicines so they are ready for your morning dose.
 - Place your prescription bottles on the counter next to your toaster or breakfast plate.
- ✖ Schedule reminders on your phone or have family or friends remind you. (You can do the same for them!)
- ✖ Use pill boxes with daily compartments that you fill each week.
- ✖ Place sticky notes on the refrigerator or in other strategic locations.
- ✖ Ask your pharmacist for strategies they can help you with, such as signing up for pill packs if they offer them or using an app that has an automated reminder.
- ✖ Find a way to track your medication-taking throughout the day or week.