

## Taking Medicine Helpful Hints

Medicine helps treat or prevent illness. But you need to take it the right way. If you don't the medicine may not work. It might even hurt you. Here are some tips to help you get the most from your medicine.

### Safety Tips

- **Have a routine.** Make taking your medicine something you do at the same time each day.
- **Use a pill box.** This will help you remember whether you've taken your medicine each day at the right time.
- **Keep a list.** Keep a list of your current medicines. Bring this list with you when you go to the doctor or hospital.
- **Do not stop taking medicine.** Stopping without your doctor's okay might make you sick.
- **Do not share medicines.** What works for one person may not be right for others.
- **Tell your doctor about all medicine you are taking.** Medicine may not work right when taken with other medicine. This includes over-the-counter medicine.
- **Do not use medicine that has expired.** Do not take medicine that doesn't look or smell right.
- **Get rid of medicine the right way.** Talk to your doctor or pharmacy to find out how.



### Refill Tips

- **Ask your doctor for a 90-day supply.** You will need to refill your medicine less often.
- **Sign up for your pharmacy's refill reminder program.** Your pharmacy will let you know when it's time for a refill.
- **Call your pharmacy early in the day.** You will get your refill quicker than if you wait until later.

For accommodation of persons with special needs, call **1-888-439-5123** or TTY **1-866-522-2731**.