



TAKING MEDICATION MATTERS!

Ask your doctor or pharmacist how to take your medications the right way

FIND OUT IF YOU TAKE MEDICATION CORRECTLY

Taking your medicines the right way is a big part of good health. Yet many patients do not always take medicine correctly. For example, some patients may:

- Take too much or too little of their medicine
- Forget to take their medicine
- Not fill their prescriptions
- Stop taking their medicine too soon

All of these actions can lead to poor health. This is because taking medicines the wrong way can limit the benefit of your medicines. It can also be harmful. That is why it is so important that you:

- Take the quiz below
- Ask your doctor or pharmacist how to take your medicines the right way

DO YOU TAKE YOUR MEDICATIONS THE RIGHT WAY?

Do you ever forget to take your prescription drugs?

Yes No

Are you careless about taking your drugs?

Yes No

Do you sometimes stop taking your drugs when you feel better? Yes No

Do you sometimes stop taking your drugs if they make you feel worse? Yes No

Turn over for score →

SCORING

Count how many “yes” answers you marked.

WHAT DOES YOUR SCORE MEAN?

If you scored:

0

In general, you take your medicines correctly.

1 or 2

You don't always take your medicines correctly, so speak with your doctor or pharmacist.

3 or 4

You need to work more closely with your doctor or pharmacist to help you take your medicines correctly.



QUICK TIPS ON MEDICATION MATTERS

- Make sure you understand how your medicine will help you
- Ask your doctor or pharmacist to go over with you the instructions on how to take your medicine
- Ask your doctor or pharmacist about any side effects and what to expect when taking your medicine
- Ask your doctor or pharmacist to help you find a way to remember to fill your prescription and take your medicine on time (pillbox, calendar)

Be sure to talk to your doctor or pharmacist about how to take your medicines the right way.

