

# GET THE MOST FROM YOUR MEDICINES



## TAKING THE MEDICINE

prescribed for you by your doctor is one of the most important things you can do for your health. It's key to take your medicines just as your doctor prescribes. This booklet is filled with useful tips to help you do just that.



For information on many  
common health conditions, visit:

**[www.1on1health.com](http://www.1on1health.com)**





## Medicines & Your Health

Doctors prescribe medicines to help you. Some medicines help prevent or control disease. Others help treat the symptoms you have, so you can feel better, or help prevent future health problems.

But even the best medicine will only help you if you **take it the right way**. It's one of the most important things you can do for your health.

It's as easy as 1, 2, 3...

- 1 The right medicine.** →  
Your doctor will prescribe medicine to treat your condition.



- 2 The right dose.** →  
Your doctor or pharmacist can tell you how much medicine to take.



- 3 At the right time!** →  
Ask your doctor or pharmacist when you should take your medicine.



## Work With Your Doctor

Your doctor and pharmacist can tell you how to take your medicine the right way. Be sure to tell them:

- If you're allergic to any medicines, or if you've had past problems with a medicine
- About any other medicines you take. These include non-prescription medicines, vitamins, and herbal supplements.
- If you are pregnant, may get pregnant, or are nursing a baby
- About any other illness or medical condition you have

**Here are some questions to ask when you get a new prescription:**

- What is the medicine's name, and how will it help me?
- When should the medicine start to work?
- How and when do I take the medicine? For how long?
- What foods, drinks, other medicines, or activities should I avoid while I take this medicine?
- What are the possible side effects? What should I do if they occur?
- What do I do if I miss a dose?
- When do I refill my prescription?



## Take Medicines As Prescribed

These tips can help you take your medicine as prescribed for you:

- If you're not sure whether you should **swallow or chew your medicine**, ask your doctor or pharmacist. Also, ask if you can cut or crush pills.
- **Read the label** on your prescription medicine. Make sure it has your name and the right medicine's name.
- **Tell your doctor and pharmacist** about all the medicines you take. Some medicines may cause problems if you take them with other medicines. Or, bring all your medicine bottles with you. Review them with your doctor or pharmacist.
- Ask what you should not have while taking your medicine:
  - Some foods and drinks can affect how medicines work.
  - Smoking can change the way medicines work.
  - Drinking alcohol when you take some medicines can be harmful.



▼  
***Ask your doctor or pharmacist how to take your medicine the right way.***

- Don't take medicine that's been prescribed for someone else.
- Don't treat yourself with a prescription medicine. You may have the same symptoms you've had before, but the cause could be different. Or, the medicine may not be the right one this time.
- Don't take medicine in the dark. Turn on your light before reaching for your pills to avoid making a mistake.

### Follow these medicine storage tips:

- **Store medicines in a cool, dry area. Heat and humid weather can affect them.**
- **Find a safe place to store your medicines. If there are children around, find an area where you can lock up your medicines.**
- **Separate your medicines from those of other family members. You'll be less likely to take the wrong ones.**
- **Keep medicine in the bottle it came in. The bottle color protects the medicine from light.**
- **Don't mix different medicines in the same bottle. You might take the wrong medicine by mistake.**



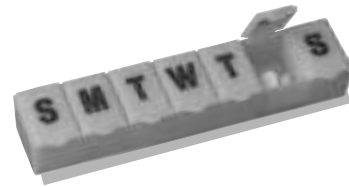
## Remember Your Medicine

You may need reminders to take your medicines on time. Here are some tips to help you remember:

- 1 "X" marks the spot.**  
Mark an X on a calendar each day after you take your medicines.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 2 Use a daily or weekly pill box.**  
You can buy these boxes in most drug stores. Some have sections for the time of day that pills need to be taken.



- 3 Use daily habits as reminders.**  
Choose things you do about the same time each day. If you need to take medicine in the morning, for example, you might want to do so after you brush your teeth.



- 4 Set timers to remind you.**  
Use an alarm clock, kitchen timer, or timer on a watch.



- 5 Refill your prescription before it runs out.**  
Write a note to remind yourself when you need a refill.





## Fill Out A Medicine Chart

Use this chart to write details on the medicines you take. This will help you know how, when, and why you take each one. Make copies of the chart if you need more room.

<b>Name of medicine</b>	
_____	
<b>How much I take</b>	<b>When I take it</b>
_____	_____
<b>I take it for</b>	
_____	
<b>Notes</b>	
_____	
_____	

<b>Name of medicine</b>	
_____	
<b>How much I take</b>	<b>When I take it</b>
_____	_____
<b>I take it for</b>	
_____	
<b>Notes</b>	
_____	
_____	

## Get Help Paying For Medicines

If you don't have drug coverage, these programs may help you save on your medicines:

- Most drug companies have savings programs for people with no insurance** or with limited means to buy medicines. Be sure to ask your doctor about these programs.
- The Partnership for Prescription Assistance** can help you learn about hundreds of drug savings programs. Call toll free: 1 (888) 4PPANOW, 1 (888) 477-2669, or visit [www.pparz.org](http://www.pparz.org).
- The Together Rx Access™ savings card** may help you save **25% to 40%** on drugs and other products. To learn more, visit [www.togetherrxaccess.com](http://www.togetherrxaccess.com) online, or call 1 (800) 444-4106.
- If you're age 65 or older**, look into Medicare drug plans. Call 1 (800) MEDICARE, 1 (800) 633-4227, or visit [www.medicare.gov](http://www.medicare.gov).



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