











Remembering to Take Your Medication

Following your treatment plan can help you stay healthy and symptom-free. Taking your medications is particularly important. Studies have shown that patients who do not take their medication have a 30-40% greater chance of experiencing a flare of their disease. Here are a few helpful tips that can help you remember to take your medication:

<p>Create A Routine</p>	<p>Keep It Visible</p>
 <p>Take medication with an activity you do at the same time every day.</p> <ul style="list-style-type: none"> - Mealtimes - Brushing teeth 	 <p>To avoid “out of sight, out of mind”, leave medication in a safe place that is easy to spot.</p> <ul style="list-style-type: none"> - Kitchen/bathroom counter - Bedroom nightstand
<p>Set An Alarm</p>	<p>Post A Note</p>
 <p>An alarm on your <i>cell phone</i> or <i>watch</i> can be helpful, especially you’re busier at certain times of the day or the timing is important.</p>	 <p>Put a reminder note some place it will be seen every day.</p> <ul style="list-style-type: none"> - Refrigerator - Bathroom mirror
<p>Use A Pillbox</p>	<p>Flip Pill Bottle Over</p>
 <p>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.</p>	 <p>Each time you take your medicine, flip the pill bottle over so you know it has been taken.</p>
<p>Carry Extra Doses</p>	<p>Record Each Dose</p>
 <p>Leave some extra doses in a bag/purse you use often so you can take your medicine if you’re away from home.</p>	 <p>Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</p>
<p>Keep Medicine With Each Caregiver</p>	
 <p>If you ever stay with different caregivers, keep some medicine at each house.</p>	