

# “It’s time to take your medicine.”

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Medicine will not do you any good unless you take it the way your health care provider told you. But before you laugh at how obvious this is, ask yourself a few questions:



- **Did you ever forget to take your medicine?**
- **Were you ever careless about taking your medicine?**
- **Did you ever stop taking your medicine when you felt better?**
- **Did you ever stop taking your medicine if it made you feel worse?**

If you answered “yes” to any of these questions, you may not be getting the most from your medicine. That can cause some serious problems.



**Talk to your health care provider or pharmacist. Learn how to get the most from your medicine. It is part of your Prescription for Health.**

**Remember, you are the most important part of your health care team!**

## **Take it right!**

Taking medicine the right way is important. Make sure you know how your health care provider wants you to take the medicine. **Then do it!**

Make sure you know these things about each medicine you take:

- Its name
- Why you are taking it
- How much to take each time
- How often to take it
- When to take it each day
- How long to keep taking it
- What foods, drinks, other medicines, or activities to avoid
- What the side effects might be and what to do if you have them
- Where to keep it
- If and when you need to get a refill

Ask your health care provider or pharmacist to give you this information.



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