“It’s time to take your medicine.”

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.
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.

Take it right!

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!