

TAKE ACTION NOW

Staying With Your Medication Plan

In addition to recommending lifestyle changes such as diet and exercise, your health care professional may prescribe medicine to help reduce the risk of or manage heart disease. Take your medicine as directed by your health care professional. Talk to your health care professional about a medication plan that is right for you.

Tips for Remembering to Take Medicines

Timing

Take your medicines at the same time(s) each day.

Link it with something else you do around the same time(s) each day, such as brushing your teeth.

Remember to refill your prescription. Place a reminder note on your calendar a week before the medicine is due to run out.

Get Some Support

If you've been missing a lot of doses, ask your health care professional for suggestions.

Ask friends or family to help remind you. You can remind each other!



Helpful Tools

Use a pillbox to keep your pills and dosage time(s) organized. You can find these at drugstores or pharmacies.

Keep a calendar or chart to write down when you take your medicines.

Put a reminder note on your refrigerator, phone, medicine cabinet, or bathroom mirror.

Set up a recurring alarm on your computer's calendar or voicemail system.

Making changes in your lifestyle and staying with your medication plan can help reduce your risk of heart disease.

Provided as an educational resource by Merck



Helpful Questions

Sometimes people don't stick with their medicines because they have questions about them. So, learn as much as you can about the medicines, you take. Here are some questions you may want to ask your health care professional to help you learn more.

- What is the name of the medicine?
- What is it supposed to do?
- How and when should I take the medicine?
- For how long will I take the medicine?
- Should I stay away from any foods, drinks, or other medicines while I take this one?
- When should I expect the medicine to begin to work and how will I know if it is working?
- Will I need any tests or will I need to be monitored while I take the medicine?
- If I feel better or don't feel the medicine is working, what should I do?

Learn as much as you can about the medicines you take.

If you have questions about your medicines, ask your health care professional.

List of Medicines

Track all medicines you take in the chart below and add new medicines when you get them. Share this list with your health care professional at every visit.

Prescription Medicines				Over-the-Counter Medicines	
Name of Medicine	Reason taken	Dosage	Time(s)	(Let your health care professional know about any that you use)	
_____	_____	_____	_____ AM _____ PM	<input type="checkbox"/> Allergy-relief medicine	<input type="checkbox"/> Dietary/Herbal supplements
_____	_____	_____	_____ AM _____ PM	<input type="checkbox"/> Antacids	<input type="checkbox"/> Laxatives
_____	_____	_____	_____ AM _____ PM	<input type="checkbox"/> Aspirin/Pain/Fever medicine	<input type="checkbox"/> Sleeping pills
_____	_____	_____	_____ AM _____ PM	<input type="checkbox"/> Cold medicine	<input type="checkbox"/> Vitamins
_____	_____	_____	_____ AM _____ PM	<input type="checkbox"/> Cough medicine	<input type="checkbox"/> Other

