

# Taking your medication

## Just what the doctor ordered.

Taking your medication as prescribed is important for your health. If it's difficult for you, let's see what we can do to help.

### Remembering to take your medication

- Keep medication information about when and how you should take it.
- Take it at the same time each day and stick to a routine.
- Set an alarm on your smart phone or other device to remind you when to take it.
- Check off when you take it on a calendar or use a medication log.
- Use a pill organizer.
- Renew your medication in advance to avoid running out.

### Talk to your pharmacist or doctor

They're the medication experts. Talk to them about making changes to your medication plan.

**Talk to them before** making any changes in the following situations:

- You want to take double doses or start again with a medication you forgot to take.
- You want to stop taking a medication because you think it isn't helpful or you don't need it anymore.
- You're thinking of adding over-the-counter medication or supplements to your plan.
- You use alcohol or recreational drugs, even in small or moderate amounts.
- You want to use less medication because side effects are bothering you.
- You want to use more medication to control your symptoms.
- You have to stop using a medication because cost is a problem for you.

Any change to your medication plan can present risks to your health. If your medication isn't working for you, your pharmacist or health care provider can help you find solutions.



For a short video on this topic, click [here](#) or use this link:

[canadalife.com/video-medication](https://canadalife.com/video-medication)

Stay healthy by taking your medication as prescribed. And feel better!



