THE HEART FAILURE PATIENT FOUNDATION

Patient Tip Sheet

HOW DO I REMEMBER TO TAKE MY PILLS?



Keep a list of all your medications, including OTC. Use a small notebook or a smartphone to keep track of all changes.

Get into the habit of taking your medications at the same time every day. For example:

- With your morning coffee or meals
- After brushing your teeth or a shower
- At bedtime

Leave yourself notes to help you remember to take your medication. Post-its on your bathroom mirror work great. You can also use a dry-erase board to mark pills you have taken, then erase at the end of the day.

Use a pill box with the days of the week. Make sure to ask your pharmacist or healthcare provider if you can remove your pills from their original packing. Keep your pill box in a place where you can see it, such as the kitchen table. Store your pills away from moisture, heat and light. Keep them in a dry place and away from children and pets.

Use a calendar to mark down when to take your medications and when you will be due for refills. If you are running low on a medication be sure to contact your healthcare provider before you run out completely or call the pharmacist to request a refill.

Set an alarm in your home, cell phone, or watch to remind you when to take your pills.

Ask your pharmacist if they have reminder tops for your medications. Purchase a pill cutter if you need to cut your pills in half.

Turn your bottle upside down after you take your pills, then turn it upright at the end of the day.

Ask your healthcare provider about the side effects of your medication, especially new ones. Review all prescription and OTC medication with your pharmacist to look for conflicts or drug interactions.

Your heart failure medications are important! Be sure to take them every day, according to the label. Do not change or stop any medication without discussing with your healthcare provider.