

Medication

Top 10 Tips from Patients for Taking Medication



Mended Hearts
Europe



1

Have a good pill organizer that helps you keep track



2

Set alarms for when you need to take medication



3

Don't stop taking medication just because you feel better



4

Make sure you understand your medications and what they are for



5

Keep an updated list of your medications and carry it with you



6

Ask your doctor and pharmacist about cost assistance for prescriptions



7

Get help from a spouse, partner, or family member



8

Tell your doctor about any side effects or trouble with your medication



9

Put your medication where you can see it to help remind you to take it on time



10

Use a medication app on your phone