

What is Medication Compliance?

Medication compliance means following your doctor's instructions on how to take your medications.

You *might* also have to follow a diet and make lifestyle changes, such as exercising.

Why is it important?

Taking your medication the right way will help you have a better quality of life. If you do not, your condition can get worse or new health problems can start.

Below are some helpful tips for dealing with some of the common reasons people have trouble following their doctor's instructions.



Tips for Medication Compliance



Create a list of your medications

(*prescription and non-prescription*):

- Know who prescribed them and why you are taking them.



Learn about your medications:

- Ask your doctor or pharmacist when you do not understand something.
- You should know when to take the medication and possible side effects.
- Ask if you can take them with other medications or vitamins.



Plan:

- Refill your medication at least a week before you run out.
- Know what to do if you miss a dose.
- Take enough medication with you when traveling.



Organize your pills:

- Use a pillbox that has space for morning, day, and night medication.
- Refill it at the same time each week.
For example, every Sunday morning.



Create a calendar or schedule:

- Make a note each time you take a dose.
- Always take your medication at the same time.
For example, when you brush your teeth or get ready for bed.



Friendly reminder:

- Ask family and friends to help remind you to take your medications.



Follow up with your doctor:

- Your doctor can give you tips on how to manage your medications.