Ten Tips On How To Remember To Take Your Meds

Everyone forgets to take their medications from time to time. Here are some tips that will help you remember to take yours.

1. Use a pillbox with multiple compartments. Fill it every week on the same day of the week. That way, if you see that Tuesday’s cubbyhole is empty, you’ll know you’ve already taken your meds for that day.

2. Or, use a pillbox designed to carry just one day’s supply of meds. Fill it each night before going to bed with the next day’s pills so that you’ll be able see at a glance what you’ve taken or not taken.

3. Make a chart or use a calendar as a checklist. Keep this checklist in a highly visible place where you’ll see it daily and can mark off when you take a medication. Strategically placed Post-It® Notes can also help jog the memory.

4. Use the activities that you do every day to remind you that it’s time for your meds. Take pills when you get up, brush your teeth, eat your meals, take a nap, go to bed and so on.

5. Or, take your meds at the same time(s) each day, and leave the pill bottles where you’re likely to be at that time. By your exercise apparatus, for example, or (if you watch TV before going to bed) near the television, as a visual reminder of your before-bedtime dosages.

6. Use an alarm clock. This technique is especially helpful for afternoon or evening doses of medications, but it can be used at any time of day to alert you. While any alarm clock will do, it may be best not to use your bedside alarm clock if you already use it to wake you up at a particular time. You can even use the alarm on your cell phone or wristwatch.

7. Enlist a family member or friend to help you remember. Two heads are usually better than one and, if your friend is also taking meds, you can remind each other.

8. Ask a friend to leave a message on your telephone answering machine reminding you to take your drugs. And don’t erase that message.

9. Ask for help from your health care team. If you are having trouble remembering to take your medications, tell your physician. Sometimes your doctor may be able to simplify your medication schedule, prescribe a combination pill that contains two of your meds or even reevaluate your symptoms if you are starting on a new medicine.

10. Refill your prescriptions in good time. On your calendar, write in reminders one week before each medication is going to run out, so you can call in the refills with time to spare.

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