



Sticking With My Medicine— What Will Work?

Taking your daily preventive asthma medicine as directed by your healthcare provider is one of the most important things you can do to help manage your asthma.

Not taking your daily preventive asthma medicine as directed by your provider means:

- Your medicine may not work the way it should.
- You will likely have more asthma symptoms.
- The asthma symptoms you have may be more severe.
- Your asthma may become harder to control.

“I’m so busy. Taking medicine gets in the way of my day.”

The key is to create a routine that fits your life:

- Try taking your daily preventive asthma medicine around the same time as other daily habits, such as in the morning when brushing your teeth or in the evening around dinnertime.
- Ask your provider if there is a medicine you can take less often. A simpler medicine schedule may help you.



If you often forget to take your medicine:

- Wear a watch. Set an alarm.
- Leave yourself a note on the bathroom mirror.
- Keep your daily preventive asthma medicine in a place where you will see it every day.

If you forget to refill your medicine on time:

- Write “refill medicine” on your calendar about a week before your medicine will run out.
- If your asthma medicine has one, use the dose-counter to help you keep track of the doses you have left.
- Make sure you have enough refills to last you until your next provider visit.
- Ask your pharmacy to send you reminders to refill your prescription.

**Work with your healthcare provider to find ways
to take your asthma medicine every day as prescribed.**