

# Taking your medicine as directed

**Taking your diabetes medicine as directed by your healthcare provider is one of the most important things you can do to help manage blood sugar.**

**There are different types of diabetes medicines. Each one works in a different way to help manage blood sugar. Over time, you may need more than one kind of medicine to manage your diabetes. It may take a while before the medicine takes effect. Even when your diabetes is managed, you may need to keep taking your medicine for a long time.**

## **Talk with your provider about your medicines, and make sure you understand:**

- Strength of medicine
- When to take it
- What your pill looks like
- How much you should take
- What you take it for
- Any special instructions

## **Not taking your medicine as directed by your provider means:**

- Your medicine may not work the way it should
- Your blood sugar may go up
- You may be at risk for serious health complications, such as heart attack and stroke, eye problems, foot problems, amputations, and kidney problems

Talk with your provider if you have questions about your medicine or how to take it.

Name of medicine	How much I take	When I take it	What I take it for	From this provider
				On this date
<i>Medicine name</i>	<i>1 tablet</i>	<i>Before breakfast and dinner</i>	<i>To lower my blood sugar</i>	<i>Dr. Jones</i>
				<i>May 31, 2012</i>

## **Sometimes it is easy to forget to take medicines. Here are some tips:**

### **If you often forget to take your medicine:**

- Use a pill box marked with the days of the week. Take it with you when you are away from home
- Wear a watch. Set an alarm. Leave yourself a note on the bathroom mirror
- Keep your 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
- 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
- Use reminder notes to remember to take your medicine

Even if you feel fine, you need to take your medicine as directed by your provider. This may help to prevent or reduce the risk of serious health problems.

***Taking your diabetes medicine as directed by your healthcare provider is one of the most important things you can do to help manage blood sugar. Work with your provider to find ways to take your diabetes medicine every day as directed.***